

# JOIN REALITY ILLINOIS!

This summer, strengthen your mental health and leadership skills, and make a positive impact in your community with Reality, the Teen Advisory Board to the DuPage County Health Department! Reality works with the community to reduce substance & tobacco use, and increase mental wellness among youth.

We are open to all high school students in DuPage County and will be meeting in person every Tuesday from 1:30-2:30pm during the summer. To join, please email Gilda Ross at [gilda\\_ross@glenbard.org](mailto:gilda_ross@glenbard.org). Social distancing and masks will be required.

**JUNE 22** ● **1:30 PM**

**YOGA OUTSIDE**

**Location: Meet at Lake Ellyn Boathouse: 645 Lenox Rd, Glen Ellyn**

**JUNE 29** ● **1:30 PM**

**MINDFULNESS AND MEDITATIVE NATURE WALK**

**Location: Meet at Lake Ellyn Boathouse: 645 Lenox Rd, Glen Ellyn**

**JULY 13** ● **1:30 PM**

**TOBACCO LITTER PARK CLEAN UP**

**Location: Meet at North Terrace Park: 300 N. Westmore Ave, Villa Park**

**JULY 20** ● **1:30 PM**

**HEALTHY FOOD COOKING AND TASTING**

**Location: Glenbard District Office: 596 Crescent Blvd, Glen Ellyn**

**JULY 27** ● **1:30 PM**

**DISTRACTED DRIVING OBSTACLE COURSE**

**Location: Meet at Glenbard West school parking lot: 670 Crescent Blvd, Glen Ellyn**

**AUGUST 3** ● **1:30 PM**

**FLOWER PLANTING AT RED RIBBON GARDEN**

**Location: Meet at front entrance of Glenbard West: 670 Crescent Blvd, Glen Ellyn**

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For more information, please contact Gilda Ross at [gilda\\_ross@glenbard.org](mailto:gilda_ross@glenbard.org) or (630) 942-7668. Visit our webpage at [www.dupagepl.org/reality](http://www.dupagepl.org/reality) to learn more.

**Reality**