



FOR IMMEDIATE RELEASE
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Will-Grundy Medical Clinic Presents Wellness Workshop at Spanish Community Center

Joliet, IL – The Will-Grundy Medical Clinic presented a free nutrition and wellness seminar Tuesday night at the Spanish Community Center’s first Parent Organization Workshop.

Will-Grundy Medical Clinic staff members Kristin Haller and Daisy Sandoval provided the group with information and tips on health promotion and disease prevention in an interactive format. The goal of the workshop was to empower the attendees and their families to prevent common health problems before they happen through managing the four pillars of health: sleep, stress, nutrition, and physical activity.

In addition to the health tips, workshop attendees were also shown a seven-minute workout that could be done anywhere, anytime. The WGMC provided healthy snacks for the event, such as a breadless sandwich made with apples, turkey, cheese, and hummus. The workshop was presented in both Spanish and English.

This was the first Parent Organization Workshop, a new endeavor from the SCC’s On The Table community task force made up of over twenty area leaders. More workshops at the SCC will follow.

“I want to thank the Will-Grundy Medical Clinic, Executive Director Shawn West and her staff, as well as SCC parents and staff that were in attendance along with their families,” said Spanish Community Center Executive Director, Elizabeth Nevarez. “The SCC On The Table Group will continue to make powerful contributions and impact lives in our community.”

The mission of the Will-Grundy Medical Clinic is to provide free health services to people in Will and Grundy Counties who are unable to receive care from other sources, and to provide these services through dedicated volunteers and a paid staff, in alliance with other community agencies and health care providers to promote a healthy community.

The Spanish Community Center is a community based organization dedicated to providing educational and social services located in Joliet. Over the last four decades, the Spanish Community Center has evolved from an agency helping only the Spanish speaking people of the area to an agency providing help to the entire community.

The Will-Grundy Medical Clinic is a not-for-profit 501(c)3 organization that provides free medical and dental care to adults who have no health insurance or medical care entitlements and meet prescribed income guidelines. Care is provided by physicians, dentists and other professionals who volunteer their time and expertise to the Clinic. For more information, please visit www.willgrundymedicalclinic.org.

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