Healthy Advantage provides an opportunity for community members to enrich their physical health and well-being through wellness classes, cooking demonstrations, nutrition programs, and health screenings. Our incredible community partners allow us to offer regular access to the Advocate Illinois Masonic Mobile Dentistry Program and the National Kidney Foundation of Illinois Kidney Mobile. We focus on self-care and preventative health in order to contribute to a stronger and healthier community.

394 people served
55% self-report living with a disability
88% live below the federal poverty line
range in age from 24 to 94

Healthy Advantage is a program of The Dina and Eli Field EZRA Multi-Service Center
How do people access health programming at EZRA?

All of our health and wellness programming is free and open to the public. We publish a monthly calendar of events, which we post around the neighborhood and share with community partners. We also share all of our program offerings on EZRA’s website calendar.

What types of programs are offered?

Healthy Advantage offers monthly wellness workshops on topics like sleep hygiene and sun safety to promote healthy habits and self-care. Each week we provide professionally-led exercise classes like yoga. We also offer cooking demonstrations using affordable ingredients and accessible appliances. Our preventative health programs include monthly dental van appointments, annual kidney screenings, and an annual health fair that includes resources and health screenings.

How can I get involved?

We are always looking for volunteers with expertise in the health and wellness field to help develop and lead programs. For more information on these and other volunteer opportunities, contact Allison Lewis at 773.467.3851 or AllisonLewis@juf.org.

“I feel more at ease. Everyone here is so nice and respectful to us, and I feel very comfortable. It is relaxing here and is a way for me to destress.”