

**April Jervis**

**From:** Local First Chicago [info@localfirstchicago.org]  
**Sent:** Friday, January 01, 2010 5:01 AM  
**To:** april@localfirstchicago.org  
**Subject:** Chicago Happenings - January 2010

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## Chicago Happenings

January 2010

### Support Local First Chicago!

Shop at Local Independent Business!  
Check out our directory on our homepage.  
And Donate to Local First Chicago!  
Your generosity is appreciated!

### Win Cash from the State of Illinois!

Any Illinois resident may submit money-saving suggestions to the State Government Suggestion Award Board. Illinois residents can win between \$50 and \$5,000 for a successful suggestion. For participation rules and to submit your money saving idea visit State Government Suggestion Award Board (SGSAB)'s website.

### DILL PICKLE COOP IS NOW OPEN!

Support Local Food. Check out Local First Chicago's new Local Food webpages.

### On a Budget?

Check out Local First Chicago's Member Discounts. Updated continuously on our website. Click here to check them out.

#### Sunday, January 1<sup>st</sup> @ 11 am – 5 pm: Afternoon Go + Open Gaming

Come and play!  
Cat & Mouse Game Store @ 2212 W. Armitage, Chicago | 773-384-4454

#### Monday, January 4<sup>th</sup> @ 10:15 am: Itsy Bitsy Yoga for Toddlers Free Demo Monday, January 4<sup>th</sup> @ 11 am: Itsy Bitsy Yoga for Infants Free Demo

RSVP Required for these fun and gentle classes!  
Bellybum Boutique @ 4347 N. Lincoln Ave, Chicago | 773-868-0944

#### Wednesday, January 6<sup>th</sup> @ 7 – 9 pm: Winter Comfort Class - Braising 101

Beverly's Pantry Class Schedule \$30 per Person per Class  
Beverly's Pantry @ 1907 W. 103rd St, Chicago IL 60643 | 773-238-8550

#### Tuesday, January 19<sup>th</sup> @ 7 pm: Healthy Back Pilates Class Begins

These mat classes focus on the five basic principles of STOTT Pilates the Essential Matwork Exercises. Beginners and Pilates veterans will appreciate the emphasis proper form and posture as you challenge yourself with new exercises. Taught by Patricia Staszak, PT, certified STOTT Pilates Instructor and Instructor-Trainer. Cost of \$90 includes six weekly classes and educational material  
Andersonville Physical Therapy & Pilates Studio @ 5414 N Broadway | 773-907-3599

#### Friday, January 22<sup>nd</sup> @ 6 - 9:30 pm: 2Day Writing Seminar with Wade Rouse Saturday, January 23<sup>rd</sup> @ 9 am - 12:30 pm: 2 Day Writing Seminar with Wade Rouse

Rouse is the author of three memoirs: America's Boy, Confessions of a Prep School Mommy Handler, and his latest, the IndieBound. This 2 day seminar is \$155 per person. RSVP to [gary@waderouse.com](mailto:gary@waderouse.com).  
The Book Cellar, Inc. @ 4736-38 N. Lincoln Ave, Chicago | 773-293-2665

**Network!**

Join our LinkedIn Group!  
And Attend our upcoming  
Mingle & Meet the Experts Events!  
Wednesday, February 17th  
and Wednesday, March 24th

**Wednesday, February 17<sup>th</sup> @ 6 pm: Mingle & Meet the Experts**

Network with local, independent business owners and learn from local experts' business advice. This event is free and open to the public. Suggestion donation of \$5 is appreciated but not required.

Mimi's Organic Exchange @ 3840 N. Bell Ave, Chicago | 773-991-3835

**Wednesday, March 24<sup>th</sup> @ 6 pm: Mingle & Meet the Experts**

Network with local, independent business owners and learn from local experts' business advice. This event is free and open to the public. Suggestion donation of \$5 is appreciated but not required.

Green Home Chicago @ 213 N. Morgan, Chicago | 312-432-9400

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