



FOR IMMEDIATE RELEASE

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CHE Announces Spring Schedule for Free Health Events

The Community Health Endowment of Lincoln (CHE) has announced the last five events in the year-long Health 20/20 series celebrating its 20th anniversary. All events are free, and open to the public.

RESILIENCE – Film Screening & Discussion, Tuesday, April 23, Child Advocacy Center, 5025 Garland St.

Adversity in childhood has lifelong effects on health. *Resilience: The Biology of Stress & the Science of Hope* chronicles the use of brain science to disrupt cycles of violence, addiction and disease. Presented in collaboration with the Child Advocacy Center and Big Brothers Big Sisters Lincoln.

- Register for the afternoon session, 11:30 a.m. – 1:30 p.m.: <https://bit.ly/2TJ2YZI>
- Register for the evening session, 6-8 p.m.: <https://bit.ly/2V5j5IB>

Live Kind LNK, Saturday, April 27 – Saturday, May 4

Just one act of kindness a day can lower stress and blood pressure and increase energy. Help Lincoln begin our journey toward being a kinder city. Get kindness tips and more information at your neighborhood library, senior center or YMCA. The week-long campaign will kick off at the [YMCA's Healthy Kids Day](#) on Saturday, April 27, at the Fallbrook YMCA. Follow the campaign on social media with #LiveKindLNK. Presented in collaboration with the YMCA of Lincoln and CHI St. Elizabeth.

Downtown Wellness Tour, Wednesday, May 8 – Saturday, May 18 in Downtown Lincoln

Pick up a Downtown Wellness Tour brochure at the kickoff from 11 a.m. to 1 p.m. on Wednesday, May 8, at Tower Square or any participating downtown business. Walk to various downtown locations and enter your name in prize drawings. Join the finale at Party on the Plaza. Presented in collaboration with the Downtown Lincoln Association.

Party on the Plaza, Saturday, May 18, 4-7 p.m. at Union Plaza, 21st & P St.

Celebrate National Kids to Parks Day with fun for the whole family! Games, music, the annual plastic duck race, and the finale of the Downtown Wellness Tour. Presented in collaboration with Lincoln Parks & Recreation.

Pop-Up Story Time

Reading aloud to children from birth to age eight is the most important thing you can do to prepare them for learning and success in life. Bring your kids to these events for fun reading time. Hear local

celebrities read aloud. Presented in collaboration with Read Aloud Lincoln, Prosper Lincoln, and Jazz in June.

- **Saturday, May 18, anytime from 4-7 p.m. during Party on the Plaza**
- **Tuesday, June 18, 6:30-7 p.m., before Jazz in June, north of the Lied Center**
- **Tuesday, June 25, 6:30-7 p.m., before Jazz in June, north of the Lied Center**

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The Community Health Endowment of Lincoln (CHE) is a municipal endowment dedicated to making Lincoln the healthiest community in the nation. To achieve this vision, CHE invests in health-related projects and programs and convenes the community around important health issues. Since its inception in 1998, CHE has returned more than \$30 million to the community.

