



# Just the Facts.

## Science-Based Health Education

March 2018  
Community Newsletter

### Message From Our Board Chair: Brian Hammersley



Friends and Supporters of the Robert Crown Center-

As the Chair of the Board of Directors of the Robert Crown Center for Health Education I wanted to take this opportunity to thank you all for your past support. As you probably know, there have recently been some exciting changes here at the center. We determined that the time was right to switch to a 100% in school delivery model, to sell the building that we've called home for over 40 years and to complete dramatic updates to our programming to be more compelling and engaging to our audiences.

All of this in the same year that we educated our six millionth student!

[READ MORE >](#)

### In Case You Missed It.

On March 6 NBC News reported a recent study on e-cigarettes and vaping.



#### Teens inhale cancer-causing chemicals in e-cigarettes

Smoking e-cigarettes delivers cancer-causing chemicals that get into the body - and popular fruity flavors appear to be the worst, researchers reported Monday.

They said teenagers who try vaping may be poisoning themselves with many of the same chemicals that make traditional cigarettes so deadly.

[READ MORE >](#)

### Become Part of *The Human Race!*

OK. Yes, you are part of the "bigger" human race, but on Saturday, April 28th you can walk a 2K or run a 5K for your favorite health education center during *The Human Race* in Downers Grove. This event was developed to raise awareness and supports many of the non-profits in DuPage county. Simply choose RCC as the charity you are supporting when you register or donate.



[LEARN MORE >](#)

### Take the Voyage through *Body Trek* this Summer!

Body Trek is a popular one week journey of exploration through the human body for students entering grades 6-8. The camp includes real hands-on dissections, special guest visits, and excursions to exciting places such as a hospital operating room.

Space is limited so register today!

**Dates:**

Hinsdale - June 18-22 - 9am-4pm

Naperville - July 9-13 - 9am-4pm



## Mark your Calendar for our Next Events:

### ***Raising Healthy Teens in the Digital Age: Drug Abuse Prevention***

**TONIGHT**  
Thursday, March 15 - 7pm

Our Drug Abuse Prevention presentation will outline the brains development on decision making, information on trends in drug use, skills to reduce use by our kids and ways to create a conversation action plan on a specific drug topic.



**Location:**

**TONIGHT-Thursday March 15-7pm**

Elmhurst CUSD 205  
District Office  
162 South York Road  
Elmhurst, IL

[More Information](#)

### ***Finding Peace through Self-Care & Self-Compassion by Cathy Adams***

**Tuesday, April 24**  
7pm

Join us for wine & cheese and an engaging presentation from Cathy Adams from Zen Parenting Radio. Cathy is a self-awareness expert focused on parenting and the personal empowerment of women and young girls.



**Location:**

**Tuesday, April 24-7pm**

Robert Crown Center  
Lower Level  
15 Spinning Wheel Road  
Hinsdale, IL

[More Information](#)

## Meet the Team

*Ingrid Wittwer - Development Coordinator*



Ingrid joined The Robert Crown Center in January 2018. She holds a Bachelor of Science in Marketing from the University of Illinois. She started her career in NYC in the Garment Industry and came back to Chicago to work in the wholesale apparel business. While raising her family, she has worked part-time in various industries and volunteered for school and many organizations in and around Hinsdale where she resides with her family. Ingrid is grateful to be part of the team and is passionate about the importance of Robert Crown programs.