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**Wicker Park Bucktown Wellness Days**  
**bring dozens of health and lifestyle vendors to Chop Shop**  
**Saturdays, April 13 & 20 during the Wicker Park Farmers Market**

***Events include health and fitness demos, spa treatments,  
product samples and more!***

CHICAGO (February 28, 2019)—Dozens of health and lifestyle vendors come together for the **Wicker Park Bucktown Wellness Days** presented by the **Wicker Park Bucktown Chamber of Commerce** on Saturdays, April 13 and 20 from 10 a.m. to 3 p.m. The free events will provide a one-stop shop for wellness resources, featuring vendors offering health and fitness demos and new self-care techniques.

There will also be a raffle for a 4-month gym membership to **FFC** on both days and an exclusive **Wellness Days coupon book** for all attendees, featuring special offers from Wicker Park and Bucktown businesses.

The **Wicker Park Bucktown Wellness Days** take place during the Wicker Park Farmers Market at Chop Shop (2033 W. North Ave) on Saturdays, April 13 and 20 from 10 a.m. to 3 p.m. Admission is free for all. For more information, visit [www.wickerparkbucktown.com](http://www.wickerparkbucktown.com). Support for the Wellness Days is provided by Presenting Sponsor **MedSpring Urgent Care** and Event Sponsor **HealthSource of Wicker Park**.

Interactive events and experiences at the Wellness Days include: manicures from **Dynamic Salon and Spa** (April 13), 10-minute facials from **The CryoBar** (April 13), KonMari folding and tidying demonstration with **For the Love of Tidy** (April 20), and short one-on-one coaching sessions with **Co Pilot for Wellness** (April 13) and **Learn Alexander** (April 20).

Additional Wellness Days vendors include: **Advocate Health Care, Arc'Teryx Chicago, Athletico, Bar Method, Blade and Bloom, Bucktown Crossfit, CBD Kratom, Cortland**

**Smiles, Dermatology Physicians Group, FFC, HealthSource of Wicker Park, Juice+, Laura B Folkes, MedSpring Urgent Care, PNC Bank and Simply Smita.**

**The Wicker Park Bucktown Chamber of Commerce** serves as a cornerstone of the Wicker Park and Bucktown commercial districts, advancing the financial goals of neighborhood businesses through the creation of a dynamic economic climate, increasing the neighborhood's visibility and viability, and encouraging profitable relationships within the community. The Chamber administers Special Service Area (SSA) #33, guided by a volunteer Commission of SSA taxpayers who serve on active committees. For more information, please visit [www.wickerparkbucktown.com](http://www.wickerparkbucktown.com).

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