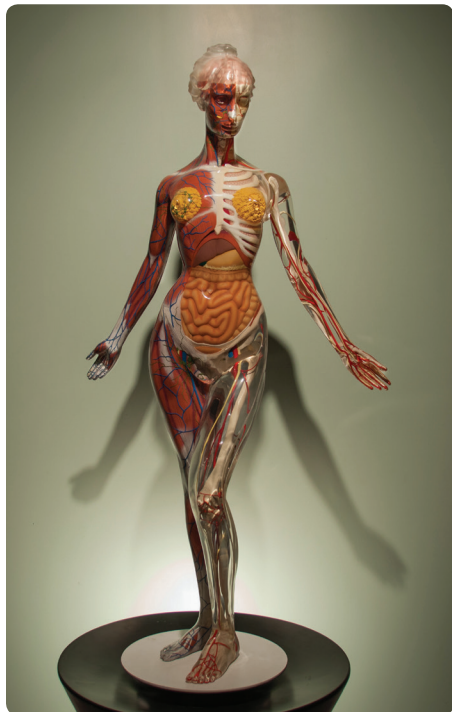


Hult Center for Healthy Living



The Hult Center opened its doors in 1990 with the vision of providing health education to young children and youth as a way to supplement the local school system in teaching children how to make healthy choices. In its early days, Hult Center's primary target population was preschool through high school. Currently, health education programs include topics such as oral health, reproductive health, and mental health.

With its commitment to community partnerships, Hult welcomed the merger of two longstanding community agencies: the Cancer Center for Healthy Living in 2011 and the Mental Health Association of Illinois Valley in 2013. Today, the Hult Center for Healthy Living is focused on two pillars of

health education: youth education and adult health programs and services.

YOUTH HEALTH EDUCATION

The Hult Center was modeled after a similar center in Fort Wayne, Indiana, called McMillen Health. Its crown jewel is the multiple theater-style classrooms that provide visual and hands-on equipment to encourage children to use all of their senses while learning relevant health topics.

ADULT HEALTH EDUCATION

Hult educates adults on pertinent topics related to the adult population, such as proper nutrition and chronic disease prevention and management. Hult also offers the National Diabetes Prevention Program and the Matter of Balance Fall Prevention Program to help adults make lifestyle changes to improve quality of life. Hult provides a variety of wellness services to empower anyone at any stage of their cancer journey and improve their quality of life. These include: individual and family counseling, support groups, individual and group nutrition counseling, healthy cooking demonstrations, healthy living and exercise classes, massage therapy, and healthy living seminars and workshops.

MENTAL HEALTH PROGRAMS

Hult's mental health programs are reflected in both the youth and adult education pillars. The Center works in partnership with other local agencies to provide mental health programs to youth in Central Illinois. Last year, the Hult Center's Health Education Specialists and Licensed Clinical Professionals counseled and taught over 10,000 youth through these programs alone. Over 550 teachers, parents, caregivers and community workers have attended Hult's suicide and depression education programs and trainings.



Hult Center for Healthy Living

5215 N. Knoxville Ave.
Peoria, IL 61614
(309) 692-6650
hulthealthy.org

Executive Director

Andrea Parker, RN, MS

Mission

Empowering people to live healthier lives.

Vision

The Hult Center for Healthy Living is the premier nonprofit provider of comprehensive health education and wellness services for people of all ages.

Signature Events

Mike Seneca Golf Classic

June 8, 2018

Metamora Fields Golf Club

Whitney's Walk for Life

July 28, 2018

Jubilee State Park, Brimfield

Lobster Boil

September 22, 2018

Hult Center for Healthy Living

How to Help

Interested in getting involved? You can support the Hult Center for Healthy Living with a financial gift of a donation or sponsorship, in-kind donation or by volunteering. Visit hulthealthy.org or contact us at (309) 692-6650 for more information.

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