

## September Newsletter

Welcome to NAMI Metro Suburban's Monthly E-News, a place to see upcoming events, read the words of other NAMI members and learn about the latest research and legislation in the field of mental health.

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### Upcoming Events

#### **Sept. 3, 7:00pm**

Beginners' Yoga  
Community Wellness Center LaGrange

#### **Sept. 8, 1:30pm**

The Teen Brain: Its Development  
and Relationship to Mental Illness  
Oak Park Public Library

#### **Sept. 18, 8:00am**

Youth Mental Health First Aid  
Community Wellness Center LaGrange

#### **Sept. 22, 1:00pm**

Strike Down Stigma  
Striker Lanes, Berwyn

#### **Sept. 24, 7:00pm**

Family to Family begins  
Oak Park

#### **Sept. 24, 7:00pm**

Beginners' Yoga  
Community Wellness Center LaGrange

#### **Sept. 26, 7:00pm**

The Teen Brain: Its Development  
and Relationship to Mental Illness  
Community Wellness Center LaGrange

#### **Sept. 29, 1:30pm**

Depression, Dementia and Delirium  
in Older Adults  
Oak Park Public Library

## Why Should You Attend Strike Down Stigma?

Please join us as we gather at  
Striker Lanes to  
**Strike Down Stigma**  
Sunday, September 22, 1pm-  
3pm  
Striker Lanes, 6728 16th Street,  
Berwyn

Tickets include bowling, shoes, food  
and soft drinks.  
To purchase tickets for yourself, your  
family and your friends  
[click here.](#)

## Bowling is Crammed with Tons of Healthy Benefits!

Did you know more than 67 million people bowl annually? It's the No. 1 participation sport in the United States, according to the Bowling Proprietors' Association of America (BPAA).

Whether you're on the Professional Bowlers Association tour or you just like hearing the pins crash into each other at your local alley, bowling is an active way to spend time with friends and family.

**Oct. 3, 7:00pm**

Question, Persuade Refer, Training for Suicide Prevention  
Community Wellness Center LaGrange

**Oct. 7, 7:00 pm**

NAMI Basics Begins  
Oak Park

**Oct. 8, 6:00pm**

Broadview Connection Group begins  
Broadview Living Room

**Oct. 8, 7:00pm**

Beginners' Yoga  
Community Wellness Center LaGrange

**Oct. 10, 7:00pm**

Depression, Dementia and Delirium in Older Adults  
Community Wellness Center LaGrange

**Oct. 16, 8:00am**

Adult Mental Health First Aid  
Community Wellness Center LaGrange

**Oct. 17, 7:00pm**

Taking in Wellness: Mind & Body  
Community Wellness Center LaGrange

**Oct. 22, 7:00pm**

Beginners' Yoga  
Community Wellness Center LaGrange

**Oct. 26, 8:00am**

Youth Mental Health First Aid  
Community Wellness Center LaGrange

**October 27, 1:30pm**

Video Game Play & Addiction  
Oak Park Public Library

**Get more details and sign up for these events**

at <https://namimetsub.eventbrite.com>

Make your internet shopping go a little further with Amazon Smile.

But is it more than a social activity?

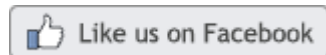
Our Renown's Physical Therapy & Rehab team says, yes.

"The health benefits include the social benefit of engaging in a group activity as well as improved eye hand coordination with short burst of physical activity," they conclude. Long story short, bowling might not be the next exercise fad, but it does have a vast array of health benefits:

- 1-hour of bowling can burn anywhere from 219 to 327 calories depending on how much you weigh (Mayo Clinic)
- In comparison, that's more calories burned than walking 2 miles in 1 hour
- Bowling requires a short burst of physical activity when throwing the ball
- It can also help speed up your metabolism through consistent movement while playing the game
- The BPAA says bowlers use 134 muscles during a game.
- The repetitive swinging, flexing, bending and stretching also helps tone muscle groups in your arms, chest, back and legs
- Bowlers throw the ball up to 21 times per game. Bowling balls weigh from 6 to 16 pounds. How much do your barbells weigh at the gym?
- Any type of exercise, including bowling, lowers your risk of stroke, heart attack and diabetes
- It also lowers cholesterol and blood pressure while improving circulation
- Are we saying that if you bowl, you'll instantly lose weight? No. But it can be considered a moderate exercise
- And as with any exercise, be sure to stretch and choose a ball weight that you can handle
- **Our physical therapists say bowling is an ideal sport for social**

Do you purchase items on Amazon? Did you know you can have a percentage of all your internet shopping go towards a good cause - NAMI Metro Suburban.

Amazon Smile is Amazon's way of thanking non-profits for the work we do. Just click on the Amazon icon above, sign in and set your charity preference to NAMI Metro Suburban. Buy items on Amazon like you have always done and NAMI Metro Suburban gets rewarded. [Click Here to Shop With Amazon Smile](#)



**benefits. Bowlers often spend time with family and friends, which can decrease stress, loneliness and depression**

- Bowling is a wonderful sport for all ages, and is a low-risk activity for injuries
- The BPAA says the median age of a bowler is 36. The oldest person to bowl a perfect game of 300 was 89, and more than 18 million kids between 6 to 17 bowl every year
- **Whether you play in a league or bowl with the family, the sport allows people (at any age) to interact with friends and family to reduce stress**
- **Studies have shown that people who have strong and happy relationships with family, friends and their community have fewer health problems and live longer**

So, who's ready to hit the lanes?

Reprinted from <https://bestmedicineneeds.org/fitness/strike-bowling-is-crammed-with-healthy-benefits/>

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## Save The Date

### Learn the Basics of Supporting Youth With Mental Health Conditions

**NAMI Basics Class Begins October 7**

*"This class was*



*unexpectedly wonderful! I did not expect to learn so very, very much! This program is well written with excellent segues between topics. It covers so much more than BASICS that the title doesn't do it justice."*

- NAMI Basics Class Participant

NAMI Basics is a free, 6-session education program for parents, guardians and other family who provide care for youth (age 22 or younger) who are experiencing mental health symptoms. NAMI Basics is offered in a group setting so you can connect with other people in person. The course is taught by a trained team with lived experience-they know what you're going through because they've been there.

NAMI Basics covers:

- Solving problems and communicating effectively
- How to take care of yourself and handle stress
- Accepting that mental health conditions are no one's fault
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
- Learning about different types of mental health care professionals, available treatment options and therapies
- Preparing for and responding to crisis
- Gaining an overview of the public mental health care, school and juvenile justice systems and supporting resources to help you navigate these systems

- Understanding the challenges and impact of mental health conditions on your entire family

For questions about class, please contact Ellie at 708.524.2582 or [borgstrom@namimetsub.org](mailto:borgstrom@namimetsub.org).

**[Click Here to Register For NAMI Basics](#)**

This class is being offered with support from the Community Mental Health Board of Oak Park Township



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