



Wellness and Safety

Mission: Provide citizens with resources and opportunities to improve good physical and mental health and promote safety of the community. This subgroup will assist citizens by providing educational resources for members of the community, assisting in better understanding of the impact of individual and collective choices on health and safety issues, developing and implementing ways to use gathered data for the betterment of the community and individuals in the community, and providing groups with information to attain and maintain a healthier climate while keeping abreast of current and developing programs to provide ongoing information.

Organizations that can provide general information related to wellness and safety:

[Illinois Child Identification Program ILCHIP](#)

[Centers for Disease Prevention and Control](#)

[USDA ChooseMyPlate](#)

[Occupational Safety and Health Administration \(OSHA\)](#)

Sub Areas of Focus:



Related helpful information:

[Ergonomics—Good Working Positions when using a computer](#)

[Food Plan Supper Tracker](#)

[My Plate Daily Checklist](#)



PUBLIC SAFETY

Related helpful information:

[Centers for Disease Control and Prevention](#)

[Zika Virus Update - CDC](#)

[Zika Prevention Kit for Pregnant Women](#)

[Park Ridge Police Premise Alert Program](#)

The Premise Alert Program is part of a state initiative to assist people who have a physical or mental impairment, or an increased risk for a chronic physical, developmental, behavior, or emotional conditions and who also require health and related services of a type or amount beyond that required by individuals generally.