

October Happenings



Breast Cancer Awareness Month

Tuesday, October 1st - Thursday, October 31st

October is Breast Cancer Awareness Month, a time to highlight the importance of early detection and support for those affected by breast cancer. Regular screenings and self-exams can save lives by catching cancer early when it's most treatable. Join us in spreading the word and supporting the fight against breast cancer. Together, we can make a difference!

For more resources: reach out to alexandra.lambert@hines.com.

Ride with Us!

Wednesday, October 9th @ 4:00PM

Join us for a **complimentary, tenant-exclusive SoulCycle class** at the SoulCycle Loop location! This 45-minute indoor cycling workout is designed to strengthen your mind, body, and soul with an instructor who will leave you feeling better than when you arrived! Shoes, water, and post class juices will be provided! Please note that this event is off site at the SoulCycle Loop location located at 111 W Wacker Dr, Chicago, IL 60601. Spots are limited, RSVP with the QR Code.



National Massage Therapy Day

Thursday, October 17th @ 4:00PM

Namaste! Join us for a class on "Mastering Gua Sha". Gua Sha is the ultimate sculptor; great for natural contour and highly recommended to use before makeup application or starting your day. It gives an immediate glow by visibly increasing circulation. Using the iconic Face Roller, a soothing tool, to relax the muscles, calm the skin, and gently depuff under eyes.

Space is limited! Please use the QR Code to register.

If you have questions regarding this month's events, please contact: alexandra.lambert@hines.com!



321 Staff Spotlight

Nick Thomas

Nick is the Senior Accountant here at 321 N Clark!

Favorite Food: Stewed beef & veggies over basmati rice. My great grandma's recipe has been my go-to comfort food in the winter!

Dream Trip: Hiking/backpacking across Europe.

Dream Job: Working to improve urban planning and sustainability.

Fun Fact: My dog, Daisy, is currently friends with a duck that's been living in the backyard!

Building Fun Fact: I've been with Hines for 1 year and it's been a positive and rewarding experience!



Wellness Series by Aligned

We have complimentary wellness webinars hosted by our *Hines Platinum Partner*, Modern Aligned Health. Scan QR codes below to RSVP.

Thursday, October 10th @ 12PM



A Functional Medicine Perspective: Inflammation and the Gut-Brain Connection

with Dr. Hovig Vartanian, DC, DACBN



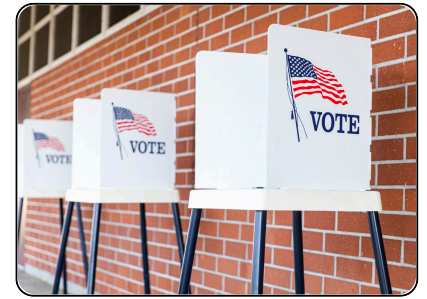
Thursday, October 24th @ 12PM



A Conversation on Adrenal Fatigue

with Dr. Ron Bouffard, DC, DABCI, DACBN and Dr. Brendon Fegan, DAOM, L.Ac., Dipl. OM

Every Vote Counts!



The 2024 Presidential Election will take place on Tuesday, November 5th.

Registered to vote? The online registration period for the voter registration closes on **October 20th, 2024!** Early voting in Chicago starts October 3rd, 2024 at 191 N. Clark.

To learn more about your voter information, go to: <https://chicagoelections.gov/voting/your-voter-information>.



Reduce, Reuse, Recycle!



Beauty packaging is often too small, too flexible, or made of too many materials to be recycled through traditional curbside recycling systems. Drop off yours in the tenant lounge and we'll take care of it for you!

We have already collected **110 items!** Thank you to all who have brought their items in.

A recycling bin is located in the Tenant Lounge.

