

Events Summer Concert #3

Please join NBC Tower for the final concert of the three-part summer concert series in the plaza. The concert will be held on Wednesday, August 9th, 11:30AM—1PM featuring Latin percussison/ guitar ensemble, Guitarra Azul.

We hope you can come out to enjoy the music and the complimentary BBQ food provided by Cityfront Café.

Once again, redemption tickets will be distributed to tenants the night before the event. If you have any questions or concerns, please feel free to contact the Management Office at (312) 222-9611.



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September Blood Drive

NBC Tower is pleased to be teaming with LifeSource in an effort to help save lives with a blood drive which will be held on Thursday, September 21st from 9AM—3PM.

Thanks to everyone's hard work and the generous donations from our tenants, NBC Tower was able to collect 29 units of blood during the March blood drive which amounts to 73 lives supported from our donations!

While we are pleased with our donations, the need for blood is continuous. Despite advancement in medicine today, there is no substitute for blood. Over the years, there's been a significant decline in blood donations. Most recently, Virginia Blood Services announced a shortage in blood donations that has caused a nationwide blood shortage. Networks strive to keep a 3-day supply of every blood type on the shelf available for emergencies, however, they have been reporting to have only 1-day supply.

We will be sending sign-up information in September. For donor information, please visit the Lifesource [website](#).

Sweet Baby Ray's BBQ Takeover

Cityfront Café invites you to save the dates for Sweet Baby Ray's BBQ takeover at Cityfront Café, July 18th– July 20th from 11AM - 1:30PM.

Sweet Baby Ray's team will be taking over the hot bar in the café for the three days featuring their award winning BBQ including brisket, smoked chicken, pulled pork and assortment of sides.

Make sure to save the dates and your appetites!





Sandwiches
Served on a fresh bun with House Made BBQ Potato Chips

- Sweet Baby Ray's Pulled Pork: 8.00
- Alabama Pulled Chicken: 6.00
- Smoked Texas Brisket: 10.00

Platters
All Platters include Honey Kissed Cornbread Muffins

- One Meat with Two Sides: \$10.00
- Two Meats with Two Sides: \$12.00
- Three Meats with Two Sides: \$14.00

Choose from These Meat Selections:

- Sweet Baby Ray's Pulled Pork
- Alabama Pulled Chicken
- Smoked Texas Brisket

Side Choices:

- Baked Mac n' Cheese
- BBQ Baked Beans
- House Made BBQ Potato Chips
- Creamy Colestlaw

Extras

- Additional Side: \$2.00
- Honey Kissed Cornbread Muffin: \$2.00

SBR
CATERING

Exploring Polk Bros. Park



Navy Pier is celebrating their 101st anniversary with an opening of two new “performance lawns” at the Polk Bros. Park near the pier’s entrance which offer an extraordinary panoramic view of the city’s skyline and overlooks the lake.

The performance lawns will feature weekly flicks on Mondays starting at 7PM from July 17– August 28th.

Other events at the park include jazz, country and Latin concerts; fests, Chicago Shakespeare Theater performances and workout classes.

All events at the park are free and can accommodate 2,000 people. However, pets are not allowed at the park.

For a full list of the events, workouts and movie screenings, please visit their website at:
<https://navypier.com/events/list/>

Employee Spotlight: Chase Altman

We are pleased to announce our current Tenant Services Coordinator, Chase Altman, has been promoted to Property Administrator at NBC Tower.

Chase joined the NBC Tower management team in September 2016. He is replacing Property Administrator, Jasmine Blumenstein, who relocated to Montana in June.

Chase previously was a Tenant Services Coordinator for a neighboring JLL property. He has been an integral part of our team providing excellent

client service at NBC Tower.

Chase grew up in Dallas, Texas and attended the University of Kansas. He now resides in the Lincoln Park neighborhood in Chicago.



We will keep you updated as we fill the role of our Tenant Services Coordinator position. In the meantime, please continue to send your requests to Chase.

If you have any questions or concerns, please contact the Management Office at 312-222-9611.



LUNCH & LEARN

Take a break from your day and join Dr. Arman for an interactive workshop on healthy living!



JULY 25TH | 12:30PM – 1:30PM
FROM STRESS TO SUCCESS

Learn how to manage your day to day stresses so they don't wreak havoc on your health.

Seating is limited. First come, first serve.
RSVP by 7/20/17. Lunch will be provided.



AUGUST 23RD | 12:30PM – 1:30PM
PROPER POSTURE AND ERGONOMICS

Learn how to improve your posture through proper ergonomics and how poor posture can impact your health. **Seating is limited.** First come, first serve.

RSVP by 8/17/17. Lunch will be provided.



DR. ARMAN HEMMAT
UNIVERSAL WELLNESS SOURCE
OF STREETERVILLE
455 N CITYFONT PLAZA,
SUITE 2040
CHICAGO, IL 60601

RSVP
312-600-6128
STR@UWSCHIRO.COM

Cityfront Café: A Look Ahead

With all the summer festivities going on, finding time to meal prep can be tough. Cityfront Café has you covered whether you are looking for breakfast, a snack or a tasty lunch! The Café also has special themed menus to partake in national celebrations.

Be sure to stop in the Café during July 18th—20th for the Sweet Baby Ray's takeover! The team will be preparing food at the hot station.

Throughout the month of August, Cityfront Café will be featuring gourmet breakfasts every Wednesday. What better way to start hump day!

Cityfront Café is all about celebrating crisp and delicious apples during National Apple Week August 7th—August 11th. Stop by the Café for some delicious apple treats!

Let your nose guide you to the Café with

the familiar smell of salty, savory and crunchy bacon on International Bacon Day which will be celebrated September 1st. The Café will be serving delicious dishes topped with bacon.

Why not end your workday at Espressamente Illy's Happy Hour which features \$4 beer and \$5 wine from 4PM-7PM. Enjoy a drink on the patio, and free Wi-Fi as you decompress!

And while you're in the café, why not join the Cityfront Café Rewards program? Every \$1 you spend, earns 100 points which can be redeemed for free meals! It's free and easy to sign up! Next time you're in the café, pick up your card and start earning points instantly!

 @cityfrontcafenbc  @cityfrontcafenbc
 Cityfront Café  www.cityfrontcafe.com

Health Flu Shots

Although the cold weather, sniffles and flu are the last things on our mind as we enjoy the warm, sunny days, flu season will be here before we know it. NBC Tower has partnered with FLU*Ease to bring on-site shots to all tenants on Wednesday, September 13th from 8:30AM-1:00PM.

Seasonal influenza outbreaks can happen at any time and its best to prepare early with antibodies to help protect your body against influenza virus infections.

The flu vaccination is most recommended for children younger than 5, adults 65 years or older, and people with pre-existing medical conditions such as asthma.

The shot is not recommended for people with severe, life threatening allergies to flu vaccines or any ingredient in the vaccine. This might include gelatin, antibiotics, eggs or other ingredients. Please be sure to talk to your doctor in advance.

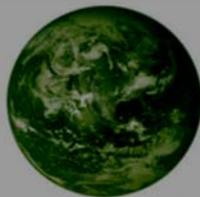
For more FAQs regarding the vaccinations, please visit the Centers for Disease Control and Prevention [website](#).

Tenants Go Green™

Tenants Go Green Meetings are held quarterly and open to all building tenants.

During the second quarter Tenants Go Green meeting, Laura Blunk from Waste Management discussed food composting and shared useful food recycling tips.

During the meeting, we learned 1.3 billion tons of edible food produced worldwide is wasted or lost each year. This amounts to 1/3 of the food produced annually with the U.S being the country with the most waste. It was estimated each person wastes 240 lbs of food per year.



Here are some ways you can reduce your food waste:

- Plan meals to help plan grocery shopping
- Don't throw out fruits/veggies with aesthetic blemishes. Use-by dates are for best quality, not "safety" dates
- Shop fresh, shop local
- Freeze it
- Compost

Our third quarter Tenants Go Green meeting will take place on Thursday, September 28th. If your company is interested in joining the Tenants Go Green program, please contact Mari Barrera at Maricruz.Barrera@am.jll.com.

We hope to see you at our next meeting!

Upcoming Events & Holidays

- August 9th— Summer Concert #3
- September 13th—Flu Shots
- September 21st—Blood Drive
- September 28th—Tenants Go Green



Is your company interested in submitting an article to be placed in the NBC Tower quarterly newsletter? All requests are due a week before the start of the respective quarter. Submit all requests and questions to Mari Barrera at Maricruz.barrera@am.jll.com. We look forward to hearing from you!

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