

Updates

Lobby Renovation

As we complete the renovation of our west lobby entrance, we would also like to share updates on the security turnstiles.

All tenants will require an ID card to scan through the turnstiles. Turnstiles are tentatively scheduled to be activated at the end of August. Trainings will be held prior to activation. We will send a notification as soon as a date is scheduled.

All visitor names should be sent to NBC Tower Security via email

(nbc.security@am.jll.com). If a visitor is not listed at the security desk, security will contact tenant for approval.

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



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Summer Concert Events

Please join NBC Tower for our annual concert events in the plaza. The first concert will take place on Wednesday, August 15th, 11:30AM—1PM featuring fan favorite, Hey Jimmy. Cityfront Café will be offering a complimentary Chicago Dog Bar featuring beef hot dogs on poppyseed buns with optional fixings.

The second concert event will take place Wednesday, September 19th from 11:30AM—1PM featuring Latin percussion/guitar ensemble, Guitarra Azul. Cityfront Café will be offering complimentary ice cream bars for this event.

There will be no redemption tickets for the event as it is a walk up, first come, first serve basis.

We hope you can come out to enjoy the music and food while saying hello to the management team!

If you have any questions or concerns, please feel free to contact the Management Office at (312) 222-9611.

Blood Drive

Once again, NBC Tower will be teaming up with LifeSource in an effort to help save lives with a blood drive which will be held on Tuesday, October 9th.

According to the American Red Cross, every two seconds someone in the U.S needs blood. Although 37 percent of the U.S population is eligible to donate blood only, 10 percent actually does. Currently, the entire nation is facing a severe blood shortage. Blood donation centers, such as Red Cross, are desperately seeking donors of all blood types.

Donating blood is quick and easy with very few requirements:

- **Be healthy** with a normal pulse, blood pressure and temperature.
- **Meet minimum age** requirements in your state, typically 16 years old.
- **Weigh at least** 110 pounds.

• **Be free of infections** that can be transmitted through blood transfusion or risk factors for the infections.

We will be sending out sign up information in September. If you have any questions, please visit the the Lifesource website.

Amenities Fitness Center



Whether you're looking into getting into shape, work on your gains, or improve your cardio fitness, NBC Tower's Fitness Center has you covered! We are pleased to announce, the fitness center, conveniently located on the 20th floor has recently been upgraded and expanded!

The facility contains new treadmills which feature Hulu and Netflix capabilities, along with syncing to your fitness tracking devices such as Fitbit, Apple Health, Google Fit along with a variety of built-in workouts.

The fitness center also features two new Peloton stationary bicycles which bring you the most convenient and immersive workouts with streaming live classes.

Monthly membership is \$24.99 with no activation or cancellation fee.

For more information or to sign up, please visit the Management Office.

Employee Spotlight: Max Hoyer

NBC Tower would like to introduce our newest addition to the Management team,

Max Hoyer. Max is the Assistant General Manager who has been at NBC Tower since May.

Max grew up in the West Suburban Chicago area where he also currently resides. He graduated from Western Illinois University in 2012 with a Bachelor's Degree in Communications.

He has been with JLL since 2016. Prior to NBC Tower, Max was the Assistant Gen-



eral manager at JLL's O'Hare corporate location.

Max is an integral part of our team as NBC Tower goes through different phases of upgrades and renovations. He is a problem-solver and quickly finds solutions to tenant concerns and issues.

In his free time, Max enjoys golfing and HIIT workouts along with listening to the Beatles' music.

Be sure to say hello to Max when you see him!



LUNCH & LEARN

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



AUGUST 28TH | 12:30PM – 1:30PM
STRESS HOW IT AFFECTS YOUR HEALTH AND HOW TO MANAGE IT

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



SEPTEMBER 18TH | 12:30PM – 1:30PM
PROPER POSTURE & ERGONOMICS

Are you working in front of a computer all day? Poor posture can impact your health in a multitude of ways. Learn how to protect your body so your work isn't ruining your posture and your health! Improve your posture through proper ergonomics.

SEATING IS LIMITED. FIRST COME, FIRST SERVE. LUNCH WILL BE PROVIDED.

RSVP

312-600-6128 | STR@UWSCHIRO.COM

UNIVERSAL WELLNESS SOURCE OF STREETERVILLE
455 N CITYFONT PLAZA, SUITE 2040, CHICAGO, IL 60611

Cityfront Café: A Look Ahead

Cityfront Café is pleased to introduce the new executive chef, Daniel Peralez. Daniel is a Texas native who has been in the restaurant industry since 2004.

He was inspired to start cooking when he was young while watching the original Iron Chef.

Daniel graduated from Le Cordon Bleu in Austin, Texas and quickly began his career in the hotels restaurant scene. He assisted in opening the Ritz Carlton in Lake Tahoe and JW Marriott in Chicago.

Daniel's favorite cuisines to cook are French and Italian. As he continues to bring part-

nership restaurants to the café, be sure to also check out the chef's table to see his personal flair to the café cuisine!



Please be sure to stop by the café to say Hi to Daniel! And while you're in the café, be sure to register for the Café rewards program!

For every dollar spent, you earn 100 points. Earn enough points to redeem prizes ranging from a small coffee to an in-home Illy Espresso

Machine! It's free and easy to register!

For more information or to register, please visit the Cityfront Café website.

Save the Date Flu Shots

Sniffles and flu are the last things on our mind as we enjoy the warm, sunny days, but flu season will be here before we know it. NBC Tower has partnered with CHC Wellbeing to prepare you for the season by bringing on-site flu shots to all tenants on Wednesday, September 12th 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 viruses.

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

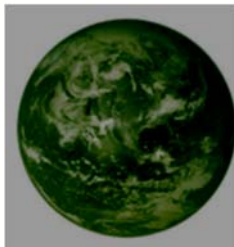
The shot is not recommended for people with severe, life threatening allergies to flu vaccines or any ingredient in the vaccine. This might include gelatin, antibodies, eggs or other ingredients. Please be sure to talk to your doctor in advance.

For more FAQs, 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, Marissa Mitzner from Healthy Buildings discussed Indoor Air Quality and how it relates to the health and comfort of our building occupants.



Did you know? While the average American spends about 90% of their time indoors, we breathe indoor air more than outdoor air. However, the average quality of indoor air is two –to five times as polluted as outdoor air.

Here are some ways you can improve your own indoor air quality whether in your office space or your home:

- Keep it clean: Dust, vacuum and mopping hard surfaces every week
- Change vacuum filters frequently.
- Plants not only are great décor, but also are known to removing volatile chemical toxins from the air
- Invest in an air purifier

Our third quarter Tenants Go Green meeting will take place on Thursday, September 13th. We hope to see you there!

Upcoming Events & Holidays

- August 15th – Hey Jimmy Concert
- September 3rd—Labor Day
- September 12th —Flu shots
- September 13th —Tenants Go Green
- September 19th —Guitarra Azul Concert
- October 9th —Blood Drive

NBC Tower's Conference Center

NBC Tower would like to introduce our newly upgraded conference center. The Board Room and Training Room can accommodate up to 30 guests. Both rooms feature state-of-the-art technology including 90" televisions, video conferencing capabilities, faster WiFi, Apple TV, touchscreen Crestron monitors, audio conferencing, and great views of Lake Michigan. For inquiries, pricing, or to make your reservation, please reach out to Alexis Viliunas at alexis.viliunas@am.jll.com.



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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