

Giving

At Risk Youth

Mentors

Events

Resources &

SMOOTHIES

G.A.M.E.R.S. Org.

340 Ridge Rd. Wilmette Il. 60091

847 920-9740

G.A.M.E.R.S



Building

Healthier

Communities

From The

Inside Out



United for Change

We believe in the power of the American spirit and communities stepping up in times of need. When neighbors help neighbors by providing free programs, tools and encouragement, they create a beacon of hope for happier, healthier, and safer communities.

Our programs give residents an opportunity to reach out as agents of hope and real change. We use a “boots on the ground” approach to positively affect the lives of children and families. Our campaigns are “caring in action” with the goal of spreading unity and concern deep into blighted neighborhoods.

Healthier Families = Healthier Communities

Many of the issues affecting our communities are the result of decades of disenfranchisement, discrimination and socio-economic inequality. It is time for fundamental change – change that creates healthier families, supported by stronger and healthier communities.



“Getting people to realize how easy it is to create changes in our lives empowers us to dive deeper into our individual potential and become real agents of change for others to see and become inspired by.”

Tony Duncan (Founder)



Our Mission: The Power of Nutrition

Our mission is to make our communities healthier on the inside and out, beginning with good nutrition. Neighborhoods without access to fruits and vegetables as a daily source of nutrition are food deserts. Families trying to find value on limited budgets are hard-pressed to incorporate healthy foods in their daily diets.

Our Solutions

- **100% whole food smoothies**
- **Athletic based programs**
- **Classes on healthy food choices**
- **Healthy living mentoring**
- **Promoting personal accountability, character building, leadership skills**
- **Providing resources, tools & techniques for healthy living**