



## CORPORATE CONCIERGE SERVICES

1 SOUTH WACKER DRIVE

### Concierge Calendar



Karly Fraeyman  
Concierge  
(312) 815-5067

[Email Your Concierge](#)

Exclusively for your use, we provide complete corporate and personal support through our worldwide network of business, entertainment and leisure vendors. We can help with any request from the ordinary to the exceptional!

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#### Amenity of the Month:

**Chair Massage**

**Tuesday, April 2nd**

**11:00am-4:00pm**

**Monroe Room - Tenant Lounge**



Release stress and muscle tension with a convenient chair massage from a certified massage therapist. Massage pricing

is as follows:

-10 minutes = \$15.00

-15 minutes = \$20.00

-20 minutes = \$25.00

Massages are cash only and payment will be handled directly on-site with the massage therapist.

To book a massage, please contact your concierge at [oswconcierge@corporateconcierge.com](mailto:oswconcierge@corporateconcierge.com) or (312)815-5067.

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## **Girl Scout Cookie Sale**

**Wednesday, April 3rd**

**Tuesday, April 16th**

**8:00am - 5:30pm**



Are you planning your next big meeting? Use the link below to check on availability, pricing and book your next room reservation.

[www.oswmeetings.com](http://www.oswmeetings.com)



Whether you are looking to play a game of pool, grab a complimentary cup of coffee or just looking to stretch your legs, the OSW Tenant Lounge is the place for you!

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Support our local Girl Scout troops by purchasing some of their famous cookies. Cash and credit card will be accepted.

## Earth Week



### Vendor Pop-up

Tuesday, April 16<sup>th</sup>

11:30am – 1:30pm

Tenant Lounge

Sustainable vendors will have items for sale and giveaways. Vendors include Boxed Water, Heaven's Honey, Joycoast and Imperfect Produce.



Interested in planning your next vacation? Corporate Concierge Services is a certified travel agent.



Looking for sporting tickets to the next big game? Contact your concierge for more information.



[CLICK HERE](#) for upcoming concert information.



## Recycling Lunch & Learn

Wednesday, April 17<sup>th</sup>

12:00pm – 1:00pm

Wacker Room – Mezzanine Level

Presented by Independent Recycling. Learn about the recycling process and best practices.

## Sustainability Lunch & Learn

Thursday, April 18<sup>th</sup>

11:00am – 12:00pm

Wacker Room – Mezzanine Level

Presented by The Green Suite. Learn small, easy ways to make a positive impact on the planet.

## Give-Away Day

Friday, April 19<sup>th</sup>

Starting at 11:30am (while supplies last)

Tenant Lounge

We will have sustainable items to give away including tote bags and succulents.

Please sign up for the lunch & learn events with the concierge at: [oswconciierge@corporateconciierge.com](mailto:oswconciierge@corporateconciierge.com).

Light bites will be provided.

Contact your concierge for a complete list of discounted ticket offerings.

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### Theater Spotlight:

Check out this month's hottest shows!



James M. Nederlander  
Theatre -

**A Bronx Tale**

Tickets & Info click [HERE](#).

James M. Nederlander  
Theatre -

**Anastasia**

Tickets & Info click [HERE](#).

Broadway Playhouse -  
**The Choir of Man**

Tickets & Info click [HERE](#).



**Chicago Blackhawks March/April Discount Tickets**

Select 300-Level Tickets Available starting at **\$40.32**

Select 100-Level Tickets Available starting at **\$100.80**

CIBC Theater -  
**Hamilton**  
Tickets & Info click [HERE](#).

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Restaurant of the Month:  
**BLVD**



April's Restaurant of the Month is [BLVD](#). Make sure to stop by the Tenant Lounge and drop your business card off for a chance to win a gift card!

Monday, April 1 vs. Winnipeg Jets at 7:30 P.M.

Wednesday, April 3 vs. St. Louis Blues at 7:30 P.M.

Gameday Giveaway: Blackhawks Beach Towel  
(first 10,000 fans)

[Click here](#) to email for ticket requests  
and additional information.

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## Building Events:

**LifeStart**  
WELLNESS NETWORK



### LACE UP WITH LIFESTART

Lace up your sneakers and make a commitment to live healthier by joining us for

### National Walking Day

Wednesday, April 3rd.

The goal will be to walk at least 10,000 steps by the end of the day. To help you with this goal, we will be holding a group walk for all tenants of the building.

Show the fitness staff you walked 10,000 steps or more for a chance to receive FREE fitness center services and prizes.

### Group Walk

Wednesday, April 3rd  
Meet at OSW Fitness Center at 11:30 am  
Free for members  
\$10 fee for non-members

*\*non-members receive all day unlimited access when they participate*

For more information or to register please contact Vanessa at [vtheis@lifestart.net](mailto:vtheis@lifestart.net)

Congratulations  
to Kelly Kolton at  
Stout who won our March  
Restaurant of the Month gift  
certificate to [Marchesa!](#)





**lifestart**

## OSW Fitness Center Spring Health Fair

Thursday, April 11th  
11:30 am to 2 pm  
Mezzanine Level

### Complimentary Services & Giveaways

Informational booths staffed by health professionals

Posture and Spinal Screenings

Healthy Food Samples \*available while supplies last

Smoothie Bar \*available while supplies last

Cryo Therapy Demonstrations

FREE Blood Pressure Screenings

FREE Massage

**ONE DAY ONLY**

Free trial day to OSW Fitness Center  
Thursday, April 11th

### HEALTH FAIR VENDORS INCLUDE:



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## OSW Fitness Center EARTH DAY CHALLENGE

Tuesday, April 16th  
11:30 am - 1:30 pm  
Tenant Lounge

A steady pace of 2:12 per 500m on the rowing machine, equates to 68 watts of electrical power - enough to power a lightbulb.

### CHALLENGE

Row 500 meters in 2 minutes 12 seconds

Earn one raffle ticket for trying the challenge.

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## What's Happening This Month?

April 11 - 15: [Star Wars Celebration](#)

April 13: [Wing Fest](#)

April 25 - May 4: [Chicago Humanities Festival](#)

April 27: [Chicago Wine Fest](#)

