

Let's Walk and Talk with a Doctor

Facilitated by the **Capital Area Health Alliance**



Choosing Health!

Facilitated by the **Capital Area Health Alliance**
and incorporating Michigan's 4 x 4 Plan

2015 Walking in Our Community Series



The Capital Area Health Alliance is pleased to announce monthly *Let's Walk & Talk with a Doctor* (LWTD) events. Come meet, walk and talk with local physicians while learning about all the great benefits of being physically active.



For more information, call **517-347-3377**
or visit **CapitalAreaHealthAlliance.org**

Calendar of Monthly Events

January 31st | Saturday | 1:00-2:00 pm

Westside YMCA at 3700 Old Lansing Rd., Lansing Charter Twp.,
in partnership with the Winter Warm-Up Series

February 21st | Saturday | 10:00-11:00 am

Lansing Mall, Macy's Wing at 5330 W. Saginaw Hwy., Lansing,
in partnership with the Winter Warm-Up Series

March 22nd | Sunday | 1:00 pm

Hawk Island Park at 1601 E. Cavanaugh Rd., Lansing,
in partnership with the Winter Warm-Up Celebration

April 18th | Saturday | 10:00-11:00 am

Valhalla Park at 4000 Keller Rd., Holt

May 2nd | Saturday | 2:00-3:00 pm

Fenner Nature Center at 202 E. Mount Hope Ave., Lansing,
in partnership with the *Choosing Health!* Spring Rally

June 6th | Saturday | 10:00-11:00 am

Brenke Fish Ladder/ Lansing River Trail at E. Grand River
Ave., Lansing, in partnership with NorthWest Initiative

July 11th | Saturday | 9:00-10:00 am

CIS Trail/Clinton County Courthouse at 100 E. State St.,
St. Johns, in partnership with the City of St. Johns

August 18th | Tuesday | 7:00-8:00 pm

Benjamin Davis Park/ South Lansing Pathway
at 5614 Pleasant Grove Rd., Lansing, in partnership with the South
Lansing Community Development Association

September 26th | Saturday | 10:00-11:00 am

ALIVE at 800 Lawrence, Charlotte, in partnership with the Family
Health & Fitness Day

