

# FAMILY FUN FRIDAYS GIER COMMUNITY CENTER

2400 HALL STREET • (517) 483-4313 • CATA ROUTE 10

Free CATA rides for *Choosing Health!*® participants

Featuring

## *Choosing Health!*® Rally!

The *Choosing Health!*® Movement is committed to:

Encouraging Physical Activity • Developing Healthy Eating Habits • Preventing Substance Abuse & Tobacco Use  
Promoting Mental Health • Incorporating Michigan's 4 x 4 Plan

## FRIDAY, MAY 2 6-8 PM

FAMILY FUN! • PRIZES!

### TASTE OF HEALTH

Try healthy foods.

### CLASS DEMONSTRATIONS

Try out rec-center classes for  
kids, adults, and families.

### CHILDREN'S ACTIVITIES

### HEALTHY LIFESTYLE RESOURCES

Scan the code to the right or visit [lansingmi.gov/parks](http://lansingmi.gov/parks)  
to receive email updates about future Rec-Connect events.



To find out more contact Lansing Parks and Recreation at 517-483-4277 or visit [lansingmi.gov/parks](http://lansingmi.gov/parks)  
or contact the Capital Area Health Alliance at 517-347-3377 or [CAHealthAlliance@aol.com](mailto:CAHealthAlliance@aol.com) or [CapitalAreaHealthAlliance.org](http://CapitalAreaHealthAlliance.org)



Virg Bernero, Mayor

Funded in part by U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) through the State of Michigan and the Michigan Fitness Foundation. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.