

# 2015 Winter Warm-Up Celebration

Sunday, March 22, 2015

at

## Hawk Island Park

1601 E. Cavanaugh Road, Lansing, MI 48910

Meet at the Red Tail Shelter



For more information, call the  
Capital Area Health Alliance  
at 517-347-3377 or e-mail  
[CAHealthAlliance@aol.com](mailto:CAHealthAlliance@aol.com)

### SCHEDULE

12:45 p.m.

**Registration**

1:00 p.m.

*Let's Walk  
and Talk with a Doctor*  
Facilitated by the Capital Area Health Alliance

**Dr. John Armstrong will share the  
benefits of physical activity**

1:10 p.m.

**Playmakers Good Form Walking Clinic**

1:20 p.m.

**Family 5k Fun Run/Walk**

You can walk or run for all or part of the distance.

2:20 p.m.

**Blues Community Challenge Results,  
Healthy Lifestyle Ambassador Awards,  
Healthy Habits Essay Contest  
Winners and Prizes!**

