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of the Blue Cross and Blue Shield Association



The Winter Warm Up

featuring
the Blue Cross
Community
Couch to 5K

Kick-Off Event

Saturday, January 16, 2016 9:00 a.m. – 10:00 a.m
Lansing Mall, Macy's Wing 5330 W. Saginaw Highway, Lansing



9:00 a.m. – 9:15 a.m.

**Welcome and WWU Program Overview
with Ken Houston, WILX News Anchor**

**Sign Up for the Free Blue Cross Community Couch to 5K Program
in 8 Communities:** Charlotte, Delta Township, DeWitt, Lansing,
Williamston, Delhi Township, East Lansing and St. Johns

FIT Checks

Includes Balance and Flexibility Testing, Body Composition Analysis, Blood Pressure Checks and a Timed Walk.

**Presented by Hayes Green Beach Memorial Hospital/ALIVE,
YMCA of Lansing, Lansing Community College and
Playmakers Fitness Foundation**

**Fun, active games for the children
with a huge, colorful parachute!**

Presented by the YMCA of Metropolitan Lansing

Healthy Lifestyle Resource Displays

Visit displays and demonstrations from area organizations working to make Healthy Lifestyle Resources available to the community.



For more information, visit
www.winterwarmup.org
or contact Alicia Armstrong,
alicia@playmakers.com or 517-282-5035