

Choosing Health!®



Walking Society

Eaton County Parks
and the **Capital Area Health Alliance**
are pleased to announce a new walking program, the

Choosing Health!® Walking Society

Come and explore all the beauty, fun, and physical activity opportunities that Eaton County Parks have to offer.

Membership in the Choosing Health!® Walking Society is **FREE** and open to the public.

All events will start at 9:00 a.m.

There will be free parking at these sites, dawn until noon.

For more information

on program details, contact the Eaton County Parks, 517-627-7351. All walking events are subject to weather conditions, which will be determined at each site. Support of the Parks system via an annual pass is strictly voluntary. Other fees for pavilion rental and programs remain in effect.



February 2: Choosing Health!® Walking Society Kickoff Event, Fitzgerald Park, 133 Fitzgerald Park Drive, **Grand Ledge**. Park open house for sledding, X-C Ski, disc golf, FREE Water Bottles for Kids courtesy of Eaton County 4H, photos with Smokey the Bear, Playmaker's Walking Clinic and more. Check in at Pavilion #1.

March 2: Nature Walk, Lincoln Brick Park, 13991 Tallman Road, **Grand Ledge**. Walk in two counties (park is half in Eaton County and half in Clinton County) and explore the hints of early spring. Check in at Natural Resource Museum building (site of filming of RED DAWN 2).



April 6: Backwoods Trail/Observatory Walk, Fox Park, 3981 E. Gresham, **Potterville**. The Fox Park Observatory, one of only four "Dark Sky" designations in Michigan, will have an open house, which will include taking a peak at the heavens from the new Solar Telescope. Check in at Concessions Building.

May 4: Trail Walk, Thornapple Trail, Mason Road/Nashville Highway, **Vermontville** (follow M-79 to Mason Road and turn north). This event will showcase the Thornapple Trail Twin Cities Connector between Vermontville and Nashville. Families and guests will park at Maple Valley High School just off Mason Road and Trailhead.

June 1: River Trail Walk, Fitzgerald Park, 133 Fitzgerald Park Drive, **Grand Ledge**. Mid Michigan's best Naturalist Jackie Blanc will lead walkers down the famous Grand River Trail to Island Park, passing under the famous train trestle at the midpoint. Blanc will point out the sites used in the filming of RED DAWN. Meet at Big Red Barn.

July 6: Great Lake Circle Tour, Crandell Lake Park, **Charlotte** (located between Flanders and Stewart Roads just east of I-69 exit #60). County Commissioner Daryl Baker will take the lead around the new County Park trail which is planned to surround the 160-acre Crandall Lake.



More events on the back...

August 3: Along the Edge Walk, Lincoln Brick Park, 13991 Tallman Road, **Grand Ledge**. This historic former site of a limestone brick factory ruins will have a special history presentation for participants. Check in at Museum Building.

September 1: Labor Day Grand River Bridge Walk, Fitzgerald Park, 133 Fitzgerald Park Drive, **Grand Ledge**. This 4th annual celebration has become a local tradition with participants coming from surrounding communities. We meet at Fitzgerald Park, take a shuttle bus to Oak Park on the north side of the river, and walk back to Fitzgerald. Buses load at Fitzgerald Park site 4.



October 5: Color Tour Walk, Thornapple Trail, Mason Road/Nashville Highway, **Vermontville** (follow M-79 to Mason Road and turn north). Meeting again at Maple Valley High School, the Thornapple Trail Association will host this walk. Enjoy the vivid colors of the season. Check in at Mason Road/Trail Head parking lot.

November 2: Halloween/Pet Parade Walk, Fitzgerald Park, 133 Fitzgerald Park Drive, **Grand Ledge**. Come in costume, bring a pet on a leash or a grand parent (no leash required). We will walk the race course used by the cross country teams. Check in at the big Red Barn Pavilion.

December 7: Celebration Finale for 2014, location to be determined. Fun, prizes, and recognition for those who participated in all the walks.



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The *Choosing Health!®* Walking Society is sponsored by the Capital Area Health Alliance through the Michigan Department of Community Health's Health & Wellness 4 x 4 Plan grant.

For more information on *Choosing Health!®* go to www.choosinghealth-caha.org.

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