

Choosing Health!® Walking Society Designated Walks

DATE	TIME	FREE GUIDED WALKS	LOCATION	DATE/INITIALS
January 24	9:30 AM - Noon	Choosing Health!® Kick-off	Lansing Mall	
February 1	1:30 - 2:30 PM	Ground Hog Hike	Lincoln Brick Park	
March	Open	Walk on Your Own – 30 minutes	Any Eaton County Park	
April 22	6:30 - 7:30 PM	Earth Day	Thornapple Trail	
May 20	7:00 - 8:00 PM	Mayapples and More	Optimist Youth Park	
June 17	7:00 - 8:00 PM	Legends and Ledges	Fitzgerald Park	
July	Open	Walk on Your Own – 30 minutes	Any Eaton County Park	
August 1	9:00 - 10:00 AM	Habitats and History	Lincoln Brick Park	
September 7	9:00 AM - Noon	Labor Day Bridge Walk	Fitzgerald Park	
October	Open	Walk on Your Own – 30 minutes	Any Eaton County Park	
		ADDITIONAL GUIDED WALKS TO CHOOSE FROM: (please note there is a fee for these walks)	Eaton County Parks see website for time and dates www.eatoncountyparks.org	
		Nature at Night		
		Snowshoe Hikes		
		Spring Wildflower Walks		
		Fall Walks		

Eaton County Parks

Bellevue Area

Butler Park

Dyer Kiln Park

Keehne Environmental Area

Charlotte Area

Optimist Youth Park

Tirrell Memorial Park

Grand Ledge Area

Fitzgerald Park

Lincoln Brick Park

Potterville Area

Fox Memorial Park

Vermontville Area

Paul Henry Thornapple Trail

For more information on Eaton County Parks, please visit www.eatoncountyparks.org or call the park office at 517-627-7351.

The *Choosing Health!® Walking Society* is sponsored by the Capital Area Health Alliance through the MI Health & Wellness 4 x 4 Plan grant.

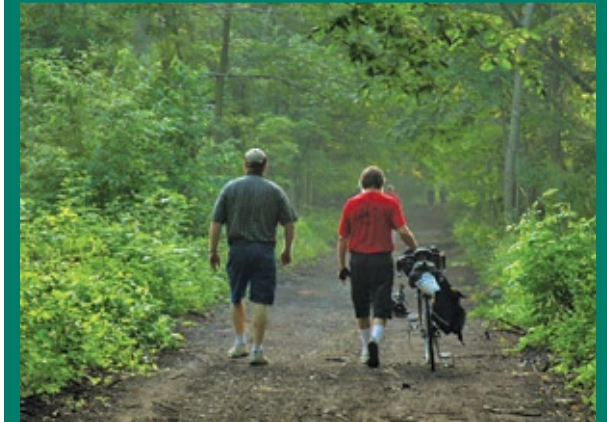
For more information on *Choosing Health!®* go to www.choosinghealth-caha.org.

Choosing Health!®



Walking Society

2015 Walking Challenge



An Eaton County Parks Walking Program

EATON COUNTY PARKS

A MEMORABLE OUTDOOR EXPERIENCE



The *Choosing Health!* Walking Society, a partnership between Eaton County Parks and the Capital Area Health Alliance, offers its second season of walking events throughout Eaton County Parks.

Take the first step.

Explore a pathway to health in Eaton County Parks throughout the seasons. Get out and feel good wandering the woods.

Our **2015 Walking Challenge** will take place from January through October, with over 10 designated walks to choose from.

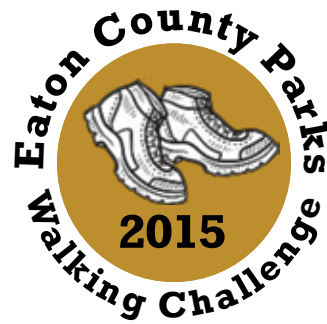
Walk on your own — any time — it's easy.

Want to walk with others while learning about our parks and natural features? Naturalist-led trail walks will be available as well.

Look for a listing of programs on our website and in our newsletter that qualify as *Choosing Health!* Walks: www.eatoncountyparks.org.

After completing each walk, date and initial your 2015 Walking Challenge form. Complete seven or more designated 30-minute-minimum walks and return your form to the Eaton County Parks main office to receive this year's Walking Challenge medallion.

Display your medallion on your walking stick! (Pick up a walking stick from the Friends of Eaton County Parks at the Fitzgerald Park office.)



Research shows walking leads to better health. Get out and feel good walking as you enjoy the natural beauty of Eaton County Parks. Participate in walking each month.

It is never too late to create a new "Memorable Outdoor Experience" within Eaton County Parks.



To receive your medallion:

E-mail completed form to:
parksdept@eatoncounty.org
or

Mail or bring completed form to:
Eaton County Parks Office
133 Fitzgerald Park Drive
Grand Ledge, MI 48837
or

Bring completed form to a
Choosing Health! Walk



2015 Walking Challenge Form

To participate:

- Walk at least 7 *Choosing Health!* Walking Society trail walks for a minimum of 30 minutes each to receive this year's walking medallion.
- After completing each walk, date and initial your 2015 Walking Challenge Form.

Walks may be completed January 24 through October 31. Eaton County Parks are open year round.

The *Choosing Health!* Walking Society membership and the **2015 Walking Challenge** is free and open to all ages.

Turning in completed forms will credit walkers and help show support and interest for development of future walking programs.

Name:

Address:

E-mail:

Signature of walker: