

Choosing Health!®

Facilitated by the Capital Area Health Alliance
In partnership with Community Partners in Health

Take a Walk in the Park

At the

Choosing Health!® Rally

May 20, 2012

2:00 pm – 4:00 pm

Hawk Island Park at Red Tail Shelter

1601 E. Cavanaugh Rd., Lansing, MI 48910

(Free Parking and Free Admission to Hawk Island Park for Rally Attendees)

**MSU Coach Mark and Becky Dantonio
will join us!**



Individuals and teams of all ages are welcome!
Any Distance, Any Pace.

- ❖ Friendly competition encouraged between interfaith, business, and community teams
- ❖ Awards for the:
 - Largest team
 - Most spirited individual or team
 - Best costumes
- ❖ Awards will be presented at 3:45
- ❖ Earn points for the Community Partners in Health *Walking in Our Community Challenge*
- ❖ Walking gives you an extra ticket for the Book Fair

**Hawk Island Park offers a paved walking path
around its beautiful lake.**

There will be a sign-up station at the beginning of the path near Red Tail Shelter (near the back of the park).

Other activities at the Choosing Health!® Rally:

- Visit displays from area programs and retailers working to make **Healthy Lifestyle Resources** available to the community.
- **Kids' Creation Healthy Snack Contest** for children ages 6-13. **With prizes including iPod Shuffles!**
- **'Free Books'-Book Fair**
Everyone will leave with a free book for their summer reading!
- Meet **local celebrities**

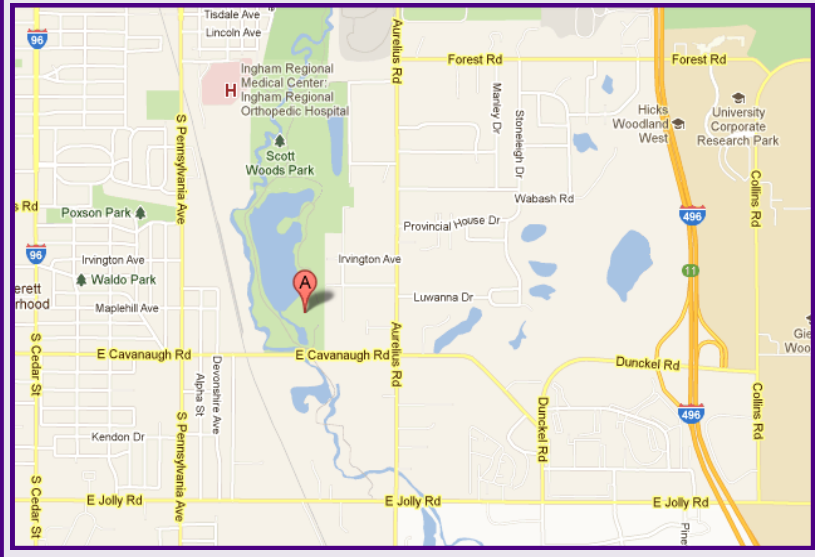
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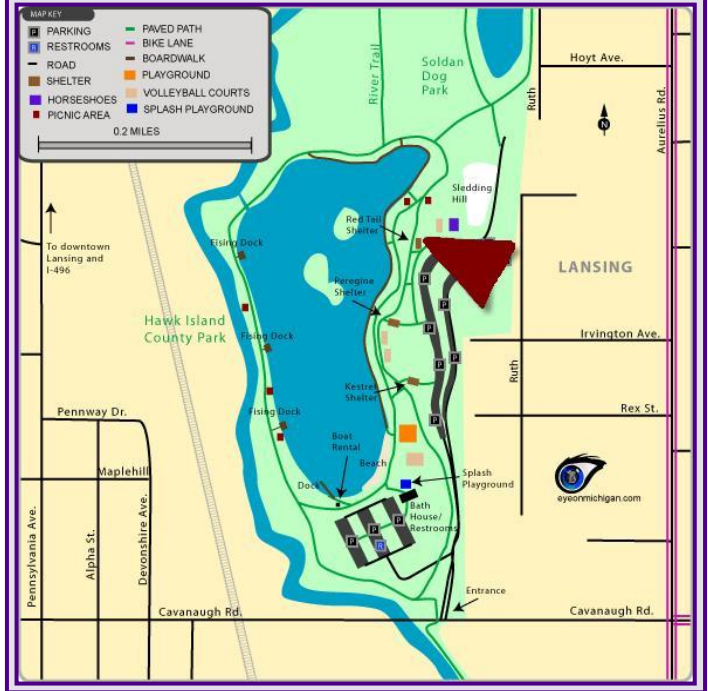
Hawk Island Park

1601 E. Cavanaugh Rd, Lansing, MI 48910

Near the corner of E. Cavanaugh Rd. and Aurelius Rd.



Events will occur at **Red Tail Shelter** (red arrow), towards the back of Hawk Island Park.



THIS EVENT IS FREE!
FREE PARKING
FREE ADMISSION

For more information, contact the Capital Area Health Alliance at (517) 347-3377, email CAHealthAlliance@aol.com, or visit www.CAHealthAlliance.org

Thank you to the following organizations for donating prizes to the Kids' Creation Healthy Snack Competition: Dietz Creek, ED RU Skat-A-Rama, EL Family Aquatic Center, FunTyme, Lansing Community College, Marvel Lanes, Playmakers, Zap Zone, and more

Thanks to the generosity of our sponsors, attendance at **Choosing Health!** is Free!

