

# Dozier: 'Choosing Health' rally set for Oct. 18

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"Choosing Health," a public rally and year-round movement facilitated by the Capital Area Health Alliance's Healthy Lifestyles Committee, will take place from 5 p.m. to 9 p.m. Oct. 18 at Union Missionary Baptist Church.

The rally will focus on encouraging physical activity, developing healthy eating habits, and preventing substance abuse and promoting mental health.

Visitors can see displays from area programs and retailers working with Choosing Health to make healthy lifestyle resources available for the community year-round; sample nutritious food from area restaurants and caterers as they showcase how healthy food can be delicious; support neighbors from the community as they talk about how they have been Choosing Health; and enter drawings for door prizes.

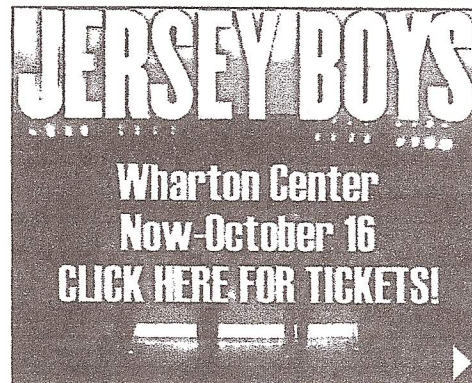
Lansing native and pediatrician Dr. Stacy Leatherwood-Cannon will discuss raising healthy children who are physically, mentally and spiritually strong.

America's Nutrition Leader Zonya Foco will deliver an inspirational, entertaining and educational presentation highlighting healthy lifestyle opportunities.

Transportation to and from the event will be provided on CATA buses. Tell the driver you are going to Choosing Health! and your ride will be free. Route 9 goes right by Union Missionary Baptist Church. Thanks to sponsors, the event is free but advance registration is requested by Friday. Those registering will earn two extra raffle tickets for door prizes.

To register, call 347-3377 or email CAHealthAlliance@aol.com

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