

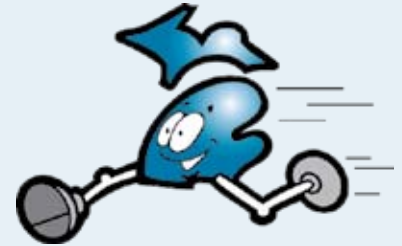
Community Partners in Health

Winter Warm Up Kickoff & *Choosing Health!*[®] Rally

Saturday, January 24, 2015

9:30 AM – 12:00 NOON

Lansing Mall, Macy's Wing
5330 W. Saginaw Highway, Lansing



Featuring the **Blues Community Challenge**



**Totally
FREE!**



**Family
fun!**



**Door
prizes!**



SCHEDULE

9:30 AM – 11:30 AM

Children's Fun Activities

By YMCA

Easy Comfort Food Demo

By MSU Extension

Taste of Health

Sample healthy eating options from area restaurants

Healthy Lifestyle Displays

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

Mental Health Resources

By Community Mental Health

FIT Check

Includes balance testing, flexibility, body composition and blood pressure

By Hayes Green Beach Memorial Hospital

11:30 AM – 12:00 NOON

Winter Warm Up & Blues Community Challenge Kick-off

Healthy Champions Introductions

Door Prize Drawing

Walk in the Mall

The *Choosing Health!*[®] campaign, facilitated by Capital Area Health Alliance, is committed to:

- ◆ Encouraging physical activity
- ◆ Developing healthy eating habits
- ◆ Preventing substance abuse and tobacco use
- ◆ Promoting mental health
- ◆ Using Michigan's 4 x 4 Plan

For more information, contact the **Capital Area Health Alliance**
(517) 347-3377 • CAHealthAlliance@aol.com • www.CAHealthAlliance.org