

FAMILY FUN FRIDAYS GIER COMMUNITY CENTER

2400 HALL STREET • (517) 483-4313 • CATA ROUTE 10

Free CATA rides for *Choosing Health!*® Participants

Featuring

Choosing Health!® Rally!

The *Choosing Health!*® Movement is committed to:

Encouraging Physical Activity • Developing Healthy Eating Habits • Preventing Substance Abuse & Tobacco Use
Promoting Mental Health • Incorporating Michigan's 4 x 4 Plan

FRIDAY, MAY 2 6-8 PM

FAMILY FUN! • PRIZES!

TASTE OF HEALTH

Healthy food tasting.

CLASS DEMONSTRATIONS

Try out rec-center classes for kids, adults, and families.

CHILDREN'S ACTIVITIES

HEALTHY LIFESTYLE RESOURCES

Scan the code to the right or visit lansingmi.gov/parks to receive email updates about future Rec-Connect events.



To find out more contact Lansing Parks and Recreation at 517-483-4277 or visit lansingmi.gov/parks or contact the Capital Area Health Alliance at 517-347-3377 or CAHealthAlliance@aol.com or CapitalAreaHealthAlliance.org



Virg Bernero, Mayor