

Spring Choosing Health!® Rally

Saturday, May 2nd • 1 pm – 4 pm

FREE!

Fenner Nature Center

2020 E. Mount Hope Ave., Lansing, MI

FAMILY FUN!



Taste of Health

Healthy food samples from:

- Panera Bread (Lansing Mall)
- Zaytoon Mediterranean

Kids' Activities

With Fenner Nature Center

Healthy Eating

With MSU Extension

Fitness Mini-Classes

With the YMCA, Lansing Hoops, and Velocity Martial Arts

Let's Walk & Talk with a Doctor

Walk the Fenner trails with Dr. Glen Ackerman at 2:00 p.m.

FIT Check

With Hayes Green Beach Memorial Hospital

Healthy Lifestyle Displays

Learn about healthy living programs near you

Hosted by the Capital Area Health Alliance

(517) 347-3377 | CAHealthAlliance@aol.com | www.CapitalAreaHealthAlliance.org



The Choosing Health!® movement is committed to:

- Encouraging physical activity
- Promoting mental health
- Increasing healthy eating
- Incorporating Michigan's 4 x 4 Plan
- Preventing substance abuse & tobacco use

