



CAHA - Healthy Lifestyles Committee Data Collection – January 2017
Choosing Health!® http://capitalareahealthalliance.org/choosing_health.php

1. Organization: Delta Township Parks & Recreation
2. Contact Name: Lee Miller, Lee Miller, CPRP, Recreation Administrator, 517-816-8213, lmiller@deltami.gov
3. Is the Organization utilizing the *Choosing Health!*® Logo?

Please send all Choosing Health!® branded events, resources and interventions to CAHA to be linked to the *Choosing Health!*® website page

Event

Name of Event: Chair Exercise Class

Short Description: Exercises are designed to help improve strength, flexibility, range of motion, and endurance. All exercises can be performed from a standing or seated position. There is a drop-in fee of \$1 and it is held Monday/Wednesday/Friday in the food court of the Lansing Mall from 8:30 – 9:30am. Resistance bands are available for \$4 each.

Date of Event: Ongoing

Target Population: Ages 50+

Estimated Reach:

Website Link to Event (if applicable): www.deltami.gov