

Choosing Health!®

Facilitated by the **Capital Area Health Alliance**
In partnership with Community Partners in Health

**MSU Coach Mark and Becky Dantonio
will join us!**

Spring/Summer Choosing Health!® Rally

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

- Encouraging Physical Activity
- Developing Healthy Eating Habits
- Preventing Substance Abuse
- Promoting Mental Health

Sunday, May 20, 2012

2:00 pm – 4:00 pm

**Hawk Island Park in Lansing, MI
at Red Tail Shelter**

**Free Parking and Free Admission to beautiful
Hawk Island Park for Rally Attendees**



❖ **Community Healthy Lifestyle Resources**

*Visit displays and demonstrations from area programs and retailers working to make **Healthy Lifestyle Resources** available to the community.*

❖ **Take a Walk in the Park**

Organized by
Community Partners in Health
Any Distance, Any Pace.

*For individuals and teams of all ages
on a paved path around the lake at
Hawk Island Park*

*Awards for the largest team, most spirited
team/individual, and best costumes!*

❖ **Kid's Creation Healthy Snack Contest**

For children ages 6-13

*Snacks should include at least
two of the five food groups,*

(including fruit, vegetables, grain, protein and dairy)

*Celebrity and expert judges will evaluate snacks
based on healthfulness, appearance, and recipe.*

*Prizes for the top contestants, including
iPod Shuffles!*

❖ **'Free books'-book fair**

*Everyone will leave with a free book for
their summer reading! Sponsored by Capital Area
District Library, Capital Area Literacy Coalition,
MSU Surplus, Lansing Community College and
Schuler Books*

DETAILS ON REVERSE SIDE

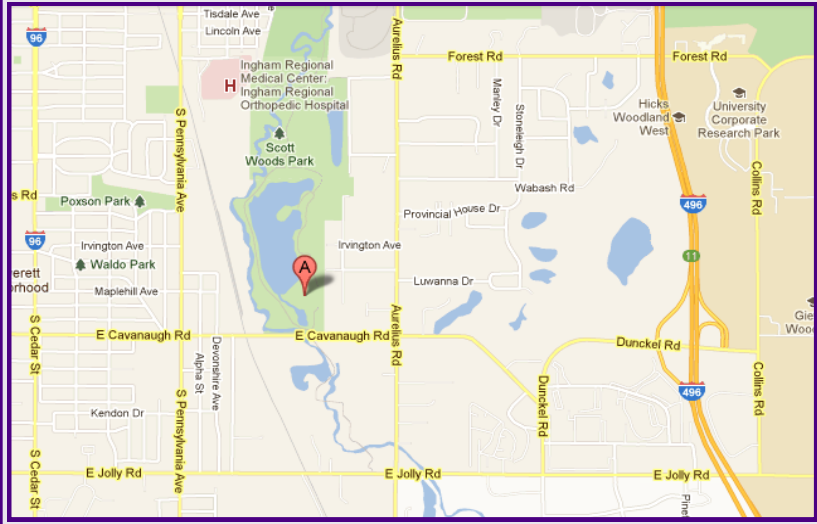
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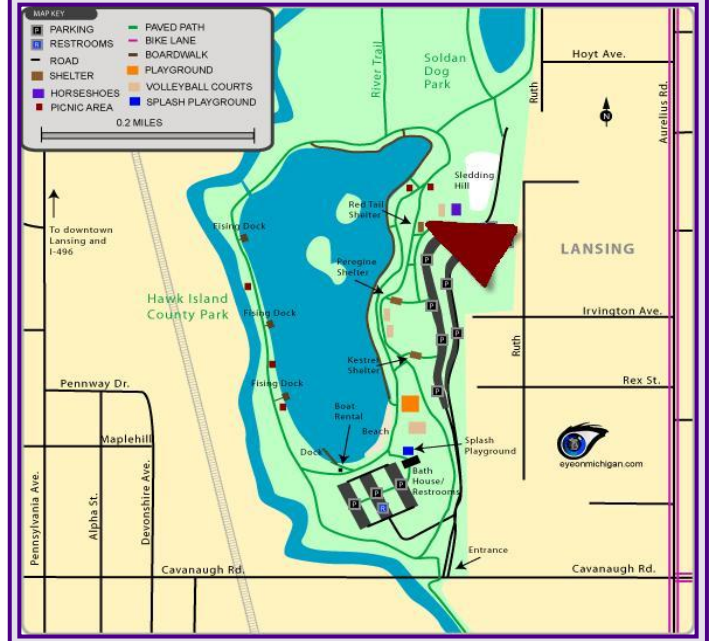
Hawk Island Park

1601 E. Cavanaugh Rd, Lansing, MI 48910

Near the corner of E. Cavanaugh Rd. and Aurelius Rd.



Events will occur at Red Tail Shelter (red arrow), towards the back of Hawk Island Park.



THIS EVENT IS FREE!
FREE PARKING
FREE ADMISSION

For more information,
 contact the Capital Area Health Alliance at (517) 347-3377,
 email CAHealthAlliance@aol.com,
 Or visit www.CAHealthAlliance.org

Thank you to the following organizations for donating prizes to the Kids' Creation Healthy Snack Competition:
 Dietz Creek, ED RU Skat-A-Rama, EL Family Aquatic Center, FunTyme, Lansing Community College,
 Marvel Lanes, Playmakers, Zap Zone, and more

Thanks to the generosity of our sponsors, attendance at **Choosing Health!** is Free!

