

Spring Choosing Health!® Rally

Facilitated by the Capital Area Health Alliance

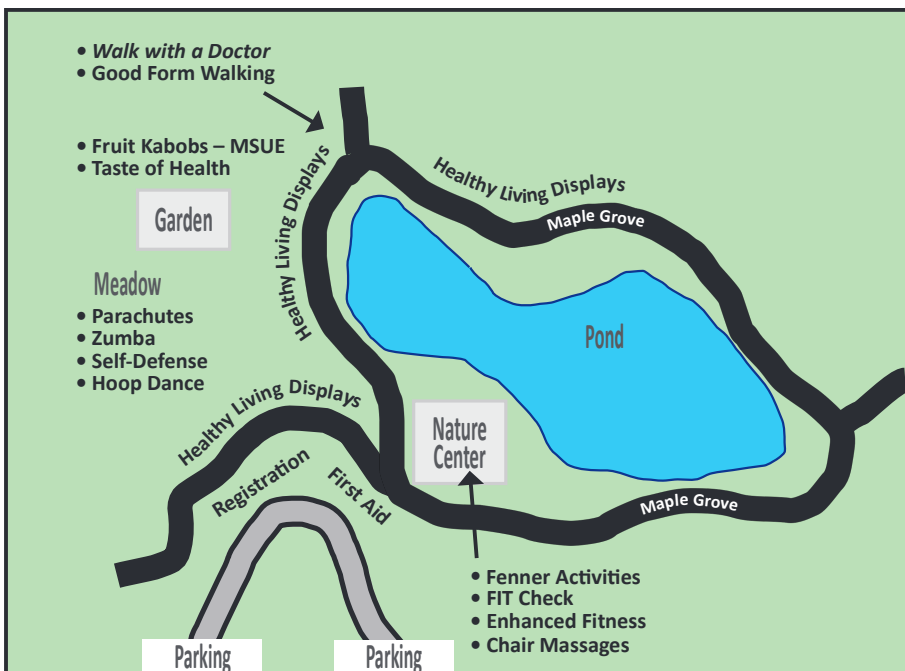
Saturday, May 2, 2015 • 1 pm – 4 pm

SCHEDULE

WHEN	WHAT	WHERE
1:00	Registration	Tents
1:00 – 4:00	Fenner Kids' Activities Fenner Nature Center	Nature Center Upstairs
	Make Your Own Fruit Kabobs MSU Extension	Near Garden
	Enhanced Fitness YMCA	Nature Center Basement
	Chair Massages Creative Wellness	Nature Center Basement
	Healthy Living Displays Provided by organizations listed at right	Maple Grove Loop
	Taste of Health Panera Bread (Lansing Mall) and Zaytoon Mediterranean	Near Garden
1:00 – 2:30	FIT Check Hayes Green Beach Memorial Hospital	Nature Center Basement
1:30, 2:30 & 3:30	Fun with Parachutes YMCA	Meadow
1:30 & 3:00	Zumba YMCA	Meadow
2:00 – 3:00	Let's Walk & Talk with a Doctor Dr. Glen Ackerman	Intersection of Maple Grove Loops
	Good Form Walking Clinic	
2:00 & 3:00	Self-Defense Mini-Class Velocity Martial Arts	Meadow
2:30 & 3:30	Hula Hoop Dance Lansing Hoops	Meadow

VISIT THESE HEALTHY LIVING DISPLAYS:

Allen Neighborhood Center
Alzheimer's Association
Capital Area Center for Independent Living
Capital Area District Libraries
Capital Area Health Alliance
Community Mental Health Authority
Creative Wellness
Enroll America
Fenner Nature Center
Gateway Youth Services
Greater Lansing African American Health Institute
Hayes Green Beach Memorial Hospital/ALIVE
Ingham County Health Department
Ingham County Parks
Ingham Great Start Collaborative
Ingham Health Plan Corporation
Lansing Hoops
Lansing Latino Health Alliance
Lansing Parks and Recreation
Lettuce Live Well
MSU College of Human Medicine
MSU Extension
MSU Student Organic Farm
National Council on Alcoholism
National Kidney Foundation of Michigan
NexCare Health Systems
PGPA Pharmacy
Physicians Health Plan of Mid-Michigan
Playmakers
School-Community Health Alliance of Michigan
South Side Community Coalition
The Davies Project for Mid-Michigan Children
The Garden Project
Tri-County Office on Aging
Velocity Martial Arts
Women's Center of Greater Lansing
YMCA of Metropolitan Lansing



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Many thanks to
Fenner Nature Center
for hosting this event today.