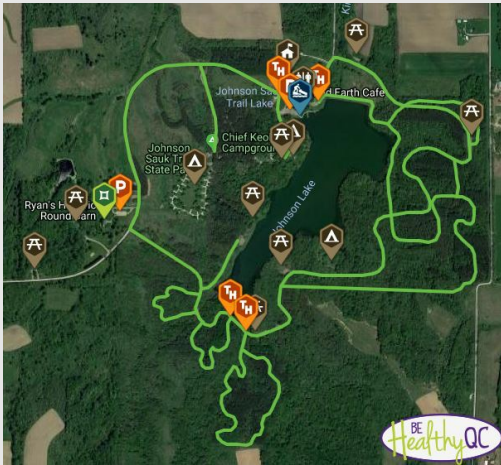




QCHI E-Newsletter



QC Trail of the Month

Each month, we highlight a trail in the QCA to help you plan your next trail adventure.

Johnson-Sauk State Recreation Area Trails, Illinois

Johnson-Sauk Trail State Recreation Area has 3.7 miles of trails, ranging from one-quarter mile to 1 mile in length, from easy to moderate, and taking hikers along the lake or through land ranging from rolling prairie to pine plantations and bottomland hardwood forests. If additional miles are desired, the trails have been designed to connect via the loop road. Johnson-Sauk Trail is an all-season park, with summer hiking trails doubling as trails for 3 miles of cross-country skiing. Ski trail maps are available at the park.

To learn more visit the [trail listing!](#)

Resource Recommendation

Looking for resources that support a healthy community? Here's a link to a resource you may want to learn more about!

The Healthiest State Initiative is promoting a new program focusing on the importance of daily healthy habits. Healthy Choices Count is a health-focused movement for kids that's under the nationally recognized program, 5-2-1-0.

Visit the link below to learn about becoming a registered site, download free resources, and order materials.

[5-2-1-0 Healthy Choices Count](#)

**FOUR NUMBERS.
ONE AWESOME WAY FOR
KIDS TO STAY HEALTHY!**



Visit [QCTrails.org](#)

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STAY CONNECTED

