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## Be Healthy QC Newsletter

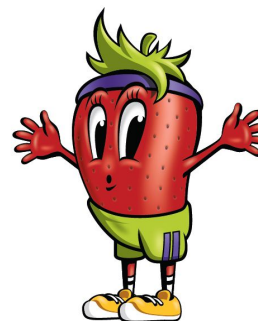


### Happy Holidays from Skip, Scout, and the Quad City Health Initiative!

#### We need your input!

We've been writing Be Healthy QC Newsletters for over a year and thought we'd check in with you, our great readers. Our goal is to make them informative and fun to read, but we need your feedback to make sure we're doing our best.

Please take this 6 question [survey](#) to help us make our Be Healthy QC Newsletter even better!



#### Move More!

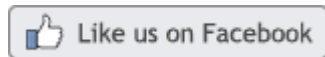
Skip and Scout want to share ways to Move More with you! Visit our [YouTube channel](#) to learn more tips from our favorite strawberries.



**Want to be recognized for the work your organization or business is doing?  
Take our Worksite Wellness Healthy Workplace Assessment here!**

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: [quadcityhealthinitiative@gmail.com](mailto:quadcityhealthinitiative@gmail.com).

**Take Our Assessment Here**



Quad City Health Initiative  
563-421-2826  
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<http://www.qchealthinitiative.org>



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