



See it First!

Check out our latest video featuring Skip and Scout!

Making Healthy Choices with Skip and Scout

From moving more to eating veggies and drinking water, Skip and Scout love to make healthy choices. Learn more about how to eat healthy and move more at behealthyqc.org!



Making Healthy Choices with Skip and Scout

View our videos on YouTube

QC Trail of the Month

Each month, we highlight a different trail from the Quad Cities area.

Great River Trail - Illinois

Enjoy a little magic on the Mississippi with the Illinois Great River Trail, a riverfront side path that stretches nearly the entire length of Rock Island County's Mississippi shores. The Great River Trail is host to a number of events this summer for all ages and abilities. Celebrate National Bike Month on May 14th with the Get Out And Trail (GOAT) event, or check out River Action's annual Father's Day Ride the River on June 18th. From Sunset Park in Rock Island, to Port Byron, north to the Rock Island County line and beyond, you're sure to find an active adventure.

Visit QCTrails.org to learn more about this and other walking trails in your own neighborhood.



Enjoy views of the mighty Mississippi on the Great River Trail!



Check it out!

We've made some updates to our BHQC Website!

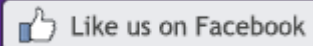
Success Stories from Year 2

Interested in learning more about the impact of the work completed so far through our PICH Grant? We've added two Success Stories about Grant Year Two to our [Be Healthy QC Webpage](#). Read all about Safe Routes to School planning at Lincoln-Irving Elementary in Moline and learn more about why the [QCTrails.org](#) resource was developed.

Is employee health important to your organization or business? Join over 25 other local businesses and get recognized as a Be Healthy QC Worksite!

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our Be Healthy QC Worksite Wellness Healthy Workplace Assessment then return it to: quadcityhealthinitiative@gmail.com. Businesses that meet at least 10 of the 20 items on the assessment 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.

[Take Our Assessment Here](#)



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