



## QCHI E-Newsletter

The content of our e-newsletter is growing to include stories about all the issues QCHI works on in the community. We hope you enjoy the variety of information!

### Tobacco Free QC Year in Review

QCHI is a member of Tobacco-Free QC (TFQC). TFQC is a bi-state coalition of community members, agencies and organizations dedicated to reducing the impact of tobacco in the Quad Cities community.



Check out the recently published FY Year in Review for an update on the strategic plan, information on the Shades of Success Program, and ways to get involved with TFQC.

[TFQC FY17 Year in Review](#)

### QC Trail of the Month

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

#### Wildcat Den State Park Trails, Iowa

Located a few miles to the west of the Quad Cities, Wildcat Den State Park is a neat place to explore. The park's trails go through forests past 75-foot cliffs and centuries old pine trees. Visitors can also see naturally growing ferns, native pine trees, songbirds, and a variety of other flora and fauna. There is also an old mill and schoolhouse near the eastern parking lot. The park's varied terrain and great views make it well worth the visit for anyone looking to get away from it all.



[Visit QCTrails.org](#)

### Is employee health important to your organization or business?

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our assessment then return it to: [quadcityhealthinitiative@gmail.com](mailto: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 workplace wellness efforts, as well as a window cling to display at the entrance of their business.

[Complete the Assessment](#)

