



## QCHI E-Newsletter



### Be Healthy QC

Skip and Scout want to share ways to Eat right and Move more with you! Visit our educational campaign page to view videos and download coloring pages about healthy eating and physical activity.

[Be Healthy QC Educational Campaign](#)



### QC Trail of the Month

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



#### Vander Veer Botanical Park Walking Path, Iowa

Since Vander Veer Botanical Park's establishment in 1885, gardens and floral displays have been a tradition at this 33 acre park. A center path, the Grand Allee, invites visitors to stroll from the Conservatory to the Stone Fountain. The outside perimeter walkway is busy day and night providing a 0.9 mile lap for walkers and runners. The park is open year-round and currently features a holiday light display. Parking can be found off Central Park Avenue. Visit the [trail listing](#) to learn more!

Photo Credit: City of Davenport.

Visit [QCTrails.org](http://QCTrails.org)

STAY CONNECTED

