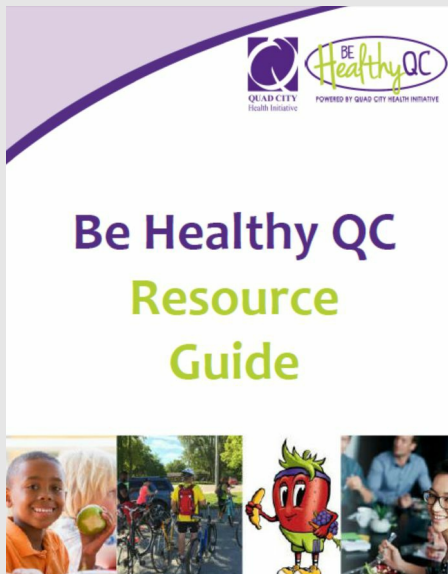




QCHI E-Newsletter



Partner Points

Showcasing a strategy to improve the health of our community and/or tap us into resources.

Great news! Many of our local resources to help you (or those you serve) Eat Right and Move More are now in one place. Introducing the [Be Healthy QC Resource Guide](#)-- an easy-to-understand-and-share 10-page packet that connects you to nutrition education, nutrition assistance, physical activity, and workplace wellness information and programs.

We'd like to thank our Be Healthy QC Coalition and Access to Healthy Foods Group members for their help in compiling these important resources.

Just visit our [website](#) for a viewable *and* printable version!

QC Trail of the Month

Highlighting a regional trail for your next adventure.

[Rock River National Water Trail: Erie to the Mississippi](#)

This month's spotlight is on the Rock River Trail! Take it all in as the river flows through Henry and Rock Island Counties into the Mississippi. Multiple access points allow you to experience the river for a few hours or as a longer journey.

To learn more visit the [trail listing on QCTrails.org](#).

And did you know [QCTrails.org](#) showcases 500+ miles of non-motorized trails in the Bi-State region? Yep! You can log your favorite trails, upload photos, and even earn virtual badges. Just create an account. It's easy and FREE! Get started [HERE](#).

Furthermore, be sure to follow [QC Trails on Facebook](#). We not only connect you to trails, but also local events/groups and health tips.



Photo Courtesy: Rock River Trail

IT'S EXTREMELY IMPORTANT TO PRACTICE WATERCRAFT SAFETY AND STAY AWARE OF YOUR SURROUNDINGS-- ESPECIALLY AROUND THE DAMS NEAR VANDRUFF ISLAND. IT'S ALSO CRITICAL TO CONTINUE PHYSICAL DISTANCING AND AVOIDING LARGE GROUPS.



it only works



if you wear it

Resource Corner

Regional/State/National Tools to create a healthier you - a healthier community.

The State of Illinois recently launched a mask awareness campaign. The effort aims to connect face coverings with several other items like helmets, seatbelts, and life jackets-- all safety equipment that only works when you wear them.

Regardless of which side of the river you're on, the QC COVID-19 Coalition encourages all to mask up! For more information and resources go to [TogetherQC.com](https://www.togetherqc.com).



Visit [QCTrails.org](https://www.QCTrails.org)

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STAY CONNECTED

