



QUAD CITY  
Health Initiative

## QCHI E-Newsletter



### HEALTHY TRAILS CAMPAIGN WALK, READ, WIN!

Visit our Healthy Trails to participate:

Sept 3 - 7: Hennepin Canal, Milan/ Big Island at Lock 31  
Sept. 8 - 13: Ben Butterworth Parkway, Moline, IL  
Sept. 14 - 20: Aledo Bicycle Path, Aledo, IL  
Sept. 21 - 27: Galva Park District, SE 6th Street, Galva, IL  
Sept. 28 - Oct. 4: Sunset Marina, Rock Island, IL

### Partner Points

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

In case you missed it-- our Be Healthy QC Coalition partners at the University of Illinois Extension are giving us yet ANOTHER reason to Move More this month (through October 4)!

Each week they spotlight a different trail and line it with fun / interactive / informational signs. You then take an online health quiz, which enters you to win one of several great prizes (including a pressure cooker for adults or fitness tracker for youth).

Learn more [HERE](#) and happy trails!

### QC Trail of the Month

*Highlighting a regional trail for your next adventure.*

#### [Andalusia Slough](#)

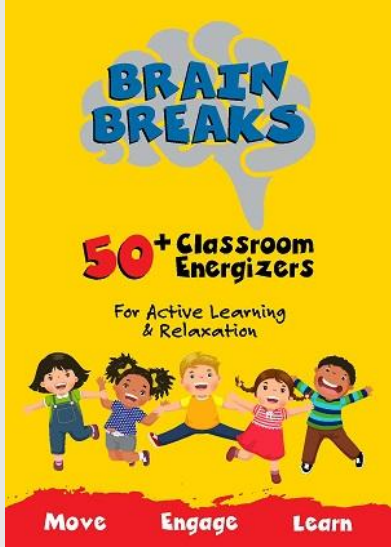
Speaking of trails-- this month's spotlight is on the Andalusia Slough! The 2+ mile stretch of Illinois waterway offers paddlers sandy beaches for picnics and many islands to explore. Pack a lunch and enjoy the many shorebirds and wildlife in this natural area.

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

Don't forget to follow [QC Trails on Facebook](#). We not only connect you to trails and health tips, but also local events (like the Illinois Extension Healthy Trails Campaign!).



PLEASE REMEMBER, IT CONTINUES TO BE IMPORTANT TO PRACTICE PHYSICAL DISTANCING AND AVOID LARGE GROUPS.



## Resource Corner

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

Maybe it's obvious Moving More helps you and your kids' physical health, but did you know it can also improve brain health?

Just in time for back-to-school (however that looks for you), build up your family's memory muscle and overall attention span with this great resource from the Iowa Department of Public Health (Note: it's not just for teachers!).

Along with 50+ active learning how-to's, [Brain Breaks](#) includes management tips and the multiple benefits of Moving More.



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

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STAY CONNECTED

