

QCHI E-Newsletter



COVID-19 & Halloween Safety

Consider low/moderate risk activities:

- ✔ Carving/decorating pumpkins
- ✔ Online parties/contests
- ✔ Scavenger hunt-style trick-or-treat search
- ✔ Car parades or small outdoor parades
- ✔ Outdoor or drive-in theater movie nights
- ✔ Dressing up homes and yards for Halloween
- ✔ Outdoor costume party
- ✔ Visiting pumpkin patches/orchards



Partner Points

Showcasing resources that help improve the health of our community

Everything about this year is different-- even how we do holidays. While we all want to take a breather from the serious, it's important every Quad Citian follow health guidelines.

The QC COVID-19 Coalition (which we're a proud member of) recently put out some Halloween safety suggestions. They've even got trick or treating tips and "slow the spread" recommendations when celebrating.

Learn more [HERE](#) and don't be afraid to share the visuals/images. In fact, it's encouraged for a healthy Halloween!

QC Trail of the Month

Highlighting a regional trail for your next adventure

[Veterans Memorial Parkway Trail](#)

An important part of staying healthy this season is staying active. As part of our continuing series to spotlight 500+ miles of non-motorized trails in the bi-state area, this month we take you to Davenport.

This 5.74 mile multi-use path parallels the Veterans Memorial Parkway. The trail is separated from the road and its surface is concrete-- perfect for walking, running, and biking.

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.



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

Board Stories

Bringing you a personal look at our Board Members and why they're committed to QCHI and the health of our community

Board Stories



"I find, in dreary times, exercise really helps my mental wellness. For me, it's a must!"

DENISE BULAT

Good health and fitness have been important to Denise Bulat for as long as she can remember.

We're proud to feature Ms. Bulat -- avid bike rider, jogger, and power-walker -- through our NEW Board Stories series.

Get the rest of her story (and discover just how fast she can do 3.5 miles with weights!) on the [QCHI website](#).

Resource Corner

Providing regional / state / national tools to create a healthier you - a healthier community

We want to, again, encourage you to celebrate this season safely. Planning ahead and adjusting holiday traditions can help us all achieve both health and fun.

The CDC provides considerations and a good checklist [HERE](#).



Visit [TogetherQC.com](#)

We protect our neighbors | We mask up | We social distance | We are #togetherqc

Quad City Health Initiative | 563-421-2826 | quadcityhealthinitiative@gmail.com | qchealthinitiative.org

STAY CONNECTED

