



QCHI E-Newsletter

Update from St. Ambrose's Institute for Person-Centered Care

On May 31 - June 1, QCHI participated in St. Ambrose's Institute for Person-Centered Care inaugural conference. The conference showcased local and national programs and efforts focused on improving health and social service provision. To learn more about what happened during the conference, check out the link below.

[Conference Report](#)



QC Trail of the Month

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

Campbell's Island Slough, Illinois

Looking to build your paddling skills? Campbell's Island Slough is a nice backwater for beginners and novice paddlers. There are a lot of ducks, geese, and cranes to see in this area of the river. Drop your canoe or kayak in the water at Empire Park in Hampton, IL and enjoy! Click the button below for more details and safety information including always wear a life jacket.



[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.

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](#)

