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## Be Healthy QC Newsletter



### Welcome to the Be Healthy QC Newsletter!

#### QCTrails.org Official Launch!

Earlier this year we sent you information on the [QCTrails.org](http://QCTrails.org) website when it went live. We are pleased to announce that the site was officially launched on Tuesday with a successful media event! We didn't let the rain get us down, instead we moved inside for remarks and braved the weather for a quick trail walk! You can read more about the event and the website in the following news articles:



- [KWQC: "Discovering QC Trails with new website"](#)
- [WVIK: "New interactive trails map for QC"](#)
- [Quad-City Times: "Find your trail, interactive guide promotes exploration"](#)

To see pictures from the event, check out the QCHI Facebook page [here](#)! We'd like to give a shout out to the [QC Convention and Visitors Bureau](#) for letting us use the Union Station Building for our event last minute! Thank you so much!

#### American Discovery Trail

You may also be interested to know that the Quad Cities is now the headquarters for the American Discovery Trail! The ADT is 6,800 miles long and crosses 15 states, and the Quad Cities Convention and Visitors Bureau is proud to be the new managing body for the trail!



Read more about it below.

- [Quad-City Times: "Q-C to manage Coast-to-Coast Trail"](#)

**QC Trails is in the 2016 Quad Cities  
Convention & Visitors Bureau Activity Guide!  
Check it out by clicking [HERE!](#)  
Specific mentions are on pages 7 and 39.**

**Want to be recognized for the work your organization or business is doing?  
Take our Worksite Wellness Healthy Workplace Assessment here!**

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: [quadcityhealthinitiative@gmail.com](mailto:quadcityhealthinitiative@gmail.com).

**Take Our Assessment Here**

Like us on **Facebook**

Quad City Health Initiative  
563-421-2826  
[plumbe@genesishealth.com](mailto:plumbe@genesishealth.com)  
<http://www.qchealthinitiative.org>

Join Our Mailing List

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