



## Check it out!

We've made some updates to our BHQC Website!

### Success Stories from Year 3!

Interested in learning more about the impact of the work through our PICH Grant? We've added three Success Stories about Grant Year Three to our [Be Healthy QC Webpage](#). Read all about Safe Routes to School planning at Wilson Middle School in Moline; discover how students are benefiting from collaboration; and learn one factor that makes QCTrails.org a premier resource.



## QC Trail of the Month

Each month, we highlight a different trail from the Quad Cities area.



### Kiwanis Trail - Illinois

Hit the trail and get your fix of fresh air before winter sets in! The [Kiwanis Trail](#) spans 6.5 miles along the scenic Rock River, offering excellent views of fall foliage. Part of the Hennepin Canal Parkway Trail, the Kiwanis Trail has access at Ben Williamson Park in Rock Island, and Green Valley Park and Harold's Landing in Moline. This dog-friendly trail is a mix of crushed stone, paved bike path, and paved road, making it perfect for users of all abilities.

Visit [QCTrails.org](https://qctrails.org) to learn more about this and other trails!



### Like QCHI on Facebook!

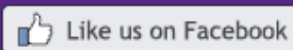
Have you visited **QCHI on Facebook**? We post a variety of information regarding physical activity and healthy eating. We also share about national health observances and upcoming health-related community events. Also try searching **#BeHealthyQC** to find stories related to physical activity and healthy eating. **Click "Like" today!**



### Is employee health important to your organization or business? Join over 25 other local businesses and get recognized as a Be Healthy QC Worksite!

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our Be Healthy QC Worksite Wellness Healthy Workplace 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 worksite wellness efforts, as well as a window cling to display at the entrance of their business.

[Take Our Assessment Here](#)



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