

Blue Cross Winter Warm Up

featuring
Couch to 5K
programs

Kick-Off Event

Saturday, January 28, 2017 9:00 a.m. - 10:30 a.m.

ALIVE, HGB's Destination Health Park 800 W. Lawrence Ave., Charlotte



9:00 a.m. - 9:15 a.m.

Welcome and Blue Cross Winter Warm Up Program Overview with Ken Houston and Kirk Montgomery, News 10 Anchors

Sign up for the FREE Blue Cross Winter Warm Up, featuring Couch to 5K programs in 8 communities: Charlotte, Delhi Township/Holt, Delta Township, DeWitt, East Lansing, Lansing, Meridian Township & St. Johns

FIT Checks

Includes balance and flexibility testing, body composition analysis, blood pressure checks and a timed walk

Presented by Hayes Green Beach Memorial Hospital/ALIVE

Healthy Cooking Demonstration

Presented by Grace Derocha, R.D., Certified Diabetes Educator at BCBSM

Fun Activities and Games for Children

Presented by the YMCA of Metropolitan Lansing

Healthy Lifestyle Displays

Local community resources

Presented by Community Partners in Health Organizations

Stretching Clinic

Presented by ALIVE



For more information, visit

www.MIBluesPerspectives.com/2017BlueCrossWinterWarmUp

or contact Alicia Armstrong,
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