



CONTACT:

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Quad City Health Initiative Moon Walk 2006--Satellite Recruitment Open for Individual Registrations

As previously announced, on March 31, 2006, the Wellness Champions of the Quad City Health Initiative (QCHI) will launch a community "walk" to the moon and back in a race to accumulate a community total of 477,400 miles walked before competitor communities in Peoria and Rockford, Illinois. The Moon Walk started in Peoria in 2003. In 2004 and 2005, the communities of Rockford and Peoria raced to see which community could "walk" to the moon the fastest. This year, they invited the Quad Cities to join the race. And, the pressure is on because Peoria has won the last two years; last year they finished the race with 4,000 walkers in just 10 weeks! This year's race will officially end June 30, 2006.

Registration for the Moon Walk is free. For the last two months, Mission Control (QCHI) has been accepting registrations from businesses and organizations that want to form Moon Walk teams.

Individuals and community members who want to participate in Moon Walk 2006 and who do not have a team will now be able to register at Satellite Locations. Once registered, Moon Walkers will keep daily logs of their mileage and report weekly tallies to their assigned Team Captains at these Satellite locations. Other types of exercise can be converted into "miles walked" using the Moon Walk conversion chart. Every week during the race, Mission Control will total our community's miles and check-in on the progress of our competitors.

Individuals interested in registering at a Moon Walk Satellite should stop by one of these locations during the specified hours of operation. Satellite registration is only available for individuals who do not already have a Moon Walk team.

Moon Walk Satellite Locations	Dates Open for Registration	Times of Operation
Community Health Care, Inc. 500 West River Drive Davenport, Iowa 52801	March 27-April 7	Monday-Friday 8 a.m.- 5 p.m.
Community Health Care, Inc. 1803 7 th St. Moline, Illinois 61265	March 27-April 7	Monday-Friday 8 a.m.- 5 p.m.
Community Health Care, Inc. 2750 11 th St. Rock Island, Illinois 61201	March 27-April 7	Monday-Friday 8 a.m.- 5 p.m.
Genesis Medical Center DeWitt 1118 11th Street DeWitt, IA 52742	March 13-March 17 Or by request through April 7 th Call Melodie Schutt (563) 659-4215	Monday-Friday 8 a.m. – 4:30 p.m. (Activity Director’s Office)
Genesis Medical Center Davenport (West) 1401 West Central Park Ave. Davenport, IA 52804	March 27 – April 8 Or call (563) 421-2191 to register via telephone.	Monday-Friday 9:30 a.m. – 4:00 p.m. (Information Desks) And Sat. 10:00 a.m. – 2:00 p.m. (Gift Shop)
Genesis Medical Center Davenport (East) 1227 East Rusholme Street Davenport, IA 52803	March 27 – April 8 Or call (563) 421-2191 to register via telephone.	Monday-Friday 8:30 a.m.- 4:00 p.m. (Information Desks) And Sat. 10:00 a.m. – 2:00 p.m. (Gift Shop)
Genesis Medical Center Illini Campus 801 Illini Drive Silvis, IL 61282	March 27 – April 7 Or call (309) 792-4218 to register.	Monday-Friday 8:00 a.m. – 4:00 p.m. (Volunteer Services Office)
Trinity Regional Health System West Campus 2701 17th Street Rock Island, IL	March 27-April 7	Monday-Friday 8 a.m. - 4 p.m. (Greeter desk located inside the main entrance.)
Trinity Regional Health System 7th Street Campus 500 John Deere Road	March 27-April 7	Monday-Friday 8 a.m. - 4:00 p.m. (Greeter desk located inside

Moline, IL		the main entrance.)
Trinity at Terrace Park 4500 Utica Ridge Rd. Bettendorf, IA	March 27-April 7	Monday-Friday 8 a.m. - 4 p.m. (Greeter desk located inside the main entrance.)

“We are very excited about bringing the Moon Walk event to the Quad Cities,” says Nicole Carkner, Project Coordinator for Quad City Health Initiative, “because the Wellness Champions are committed to helping Quad City residents make healthy choices regarding diet and exercise. The Moon Walk is a fun way to start exercising or reinforce the importance of daily exercise to maintaining our health and preventing disease. Moreover, we couldn’t turn down a challenge from Peoria and Rockford!”

In QCHI’s 2002 Community Health Assessment, obesity, high blood pressure and high cholesterol (all risk factors for cardiovascular disease) emerged as critical issues for the health of our region. Since December 2002, the Wellness Champions team has been working to reverse these trends by promoting daily exercise, nutrition and regular screenings for health risk factors. The Wellness Champions team includes about 75 individual representatives from 52 organizations across the Quad City community.

The Quad City Health Initiative (QCHI) is a community partnership in active pursuit of a healthier community. The Initiative seeks to be a catalyst for improving the health and overall quality of life within the Quad City community. The Initiative raises awareness of health issues, encourages or creates projects to address gaps in health services and fosters community collaboration in all aspects of health. Major financial sponsors of the Initiative are Trinity Regional Health System and Genesis Health System. For more information or to join the efforts of the Quad City Health Initiative, please call 563-421-2815 or visit our website at www.qchealthinitiative.org.

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