



**For Immediate Release
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Quad City Health Initiative Moon Walk 2008--Satellite Recruitment Will Open for Individual Registrations

As previously announced, the Quad City Health Initiative Wellness Champions will launch Moon Walk 2008 on April 4th. Moon Walk 2008 will pit the Quad Cities against teams in Peoria and Champaign-Urbana in a virtual community race equivalent to two round trips to the moon or 954,800 miles. The Moon Walk started in Peoria in 2003 and this will be the third Moon Walk for the Quad Cities. Last year, over 5,000 Quad Citians accumulated 1,176,031 miles during the race. This year's race will end June 27, 2008.

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 2008 and who do not have a team will be able to register at Satellite Locations from March 31st-April 11th. 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.

"We are very excited about organizing Moon Walk again this year," 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'd like to recapture the Moon Walk trophy from the reigning champions in Peoria!"

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 65 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. Genesis Health System and Trinity Regional Health System are major financial sponsors of the Initiative. Additional financial support is provided in 2008 by Alcoa. For more information or to join the efforts of the Quad City Health Initiative, please call 563-421-2826 or visit our website at www.qchealthinitiative.org.

Moon Walk Satellite Locations	Dates Open for Registration	Times of Operation
Community Health Care, Inc. 500 West River Drive Davenport, Iowa 52801	March 31-April 11 Or call Laura Vicha at 563-336-3102.	Monday-Friday 8 a.m.- 5 p.m.
Community Health Care, Inc. 1803 7 th St. Moline, Illinois 61265	March 31-April 11 Or call Laura Vicha at 563-336-3102.	Monday-Friday 8 a.m.- 5 p.m.
Community Health Care, Inc. 2750 11 th St. Rock Island, Illinois 61201	March 31-April 11 Or call Laura Vicha at 563-336-3102.	Monday-Friday 8 a.m.- 5 p.m.
Genesis Medical Center DeWitt 1118 11th Street DeWitt, IA 52742	March 31-April 11 Or 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 31 – April 11 Or call (563) 421-2191 to register via telephone.	Monday-Friday 9:30 a.m. – 4:00 p.m. (Information Desks) Sat. 10:00 a.m. – 2:00 p.m. (Gift Shop)
Genesis Medical Center Davenport (East) 1227 East Rusholme Street Davenport, IA 52803	March 31 – April 11 Or call (563) 421-2191 to register via telephone.	Monday-Friday 8:30 a.m.- 4:00 p.m. (Information Desks) Sat. 10:00 a.m. – 2:00 p.m. (Gift Shop)
Genesis Medical Center Illini Campus 801 Illini Drive Silvis, IL 61282	March 31 – April 11 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 31-April 11	Monday-Friday 5 a.m. – 6:30 p.m. (Greeter desk located inside the main entrance.)
Trinity Regional Health System 7th Street Campus 500 John Deere Road Moline, IL	March 31-April 11	Monday-Thursday 5:30 a.m. – 4 p.m. Friday 5:30 a.m. - 2 p.m. (Greeter desk located inside the main entrance.)
Trinity at Terrace Park 4500 Utica Ridge Rd. Bettendorf, IA	March 31-April 11	Monday-Friday 8 a.m. - 4 p.m. (Cashier's Office)