

Winter Warm-Up Satellite Groups

What: Community Partners in Health encourages friends and neighbors unable to make it to the Lansing Mall on Saturday mornings to form Winter Warm-Up Satellite Groups throughout the Greater Lansing area. Following the same ten-week walking schedule (Jan. 23 – Mar. 27, 2010) of the Winter Warm-Up Program, Satellite Groups will have the flexibility to meet at their own convenient time and location. A group-appointed coordinator will attend a Winter Warm-Up Program orientation and direct the program at the group-selected satellite location.

Why: The goal of Community Partners in Health is to get everyone moving, eating better and working together to make all of the Greater Lansing communities healthier and more active places to live!

Benefits Of Winter Warm-Up Satellite Groups:

- Flexible and convenient walking times and locations
- Group-appointed coordinators will organize the weekly group walks, provide lanyards and activity logs, offer contest opportunities, and have access to supportive updates and educational materials from members of the Community Partners in Health
- Invitation to join in the festivities of the Winter Warm-Up Kick-Off and Celebration at the Lansing Mall

Who: Any group of two or more persons is eligible to create a Winter Warm-Up Satellite Group! Examples of groups that may consider participating:

- A Girl Scout Troop working on earning a health badge
- A small business
- A faith-based group wanting to address healthy lifestyle issues
- A school group
- Groups of neighborhood friends

The possibilities are endless... this is the perfect, cost-free program for any group wanting to promote healthy lifestyles and have fun at the same time.

When: Satellite Groups will gather weekly from January 23 to March 27, 2010. The walks do not necessarily need to take place on the same day or at the same time each week.

Where: Anywhere in the Greater Lansing Area!



For more information about organizing a Satellite Group — Contact **Cheryl Chase** at cc061005@hotmail.com, **Alicia Armstrong**, alicia@playmakers.com, 517-349-3803, or **Janine Sinno**, jsinno@ingham.org, 517-887-4664.

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