

## 2010 Open Satellite Groups

Coordinators and walkers in Open Satellite Groups welcome visitors to join them during their weekly, scheduled walks. Questions or want to find out more about participating? Simply contact the Coordinator by email or phone.

NOTE: This list will be updated throughout the 10-weeks of the Winter Warm-Up, so be sure to check back often to view even more opportunities to participate!

### Ingham County Health Department

Coordinator: Janine Sinno, [jsinno@ingham.org](mailto:jsinno@ingham.org), 517-887-4664

Location: Human Services Building, 5303 S. Cedar, Lansing 48910

Time: Mondays from 11:30am – 1:00pm, meet in the 2<sup>nd</sup> floor lobby.

### City of Grand Ledge

Coordinator: Ameer King, [aking@grand-ledge.com](mailto:aking@grand-ledge.com), 517-627-2149

Location: Grand Ledge High School (GLHS) , 820 Spring, Grand Ledge 48837

Time: Tuesday evenings from 6:00pm -8:00pm . Note: GLHS is open every school day for walking between 3:00pm and 9:00 p.m.

### All Saints Walkers

Coordinator: Alicia Armstrong, [aliciaarmstrong@ameritech.net](mailto:aliciaarmstrong@ameritech.net), (517) 282-5035

Location: All Saints Episcopal Church, 800 Abbot Rd, East Lansing 48823

Time: Wednesdays at 4:45pm. The architecture of the building has multiple staircases with various numbers of steps – this is a great workout! A healing service is also available at 5:30pm for anyone interested.

### Jon's Downtown Team

Coordinator: Jon Stanton, [jon@jonstanton.net](mailto:jon@jonstanton.net), (517) 374-1171

Location: Southwest Corner of Michigan Avenue and Washington Square, Downtown Lansing

Time: Wednesdays from 12:00pm to 12:30pm. Join others or walk at your own pace for half an hour. Open to ALL downtown dwellers and employees!

### Cristo Rey Community Center

Coordinator: Sally Arias, (517) 372-4700, ext. 114

Location: Cristo Rey Community Center, 1771 N. High Street, Lansing

Time: Tuesday and Thursday, 11:00 am to 12:00 pm

### Cruisin' with Susan McGillicuddy

Coordinator: Greg Grothous, [grothous@meridian.mi.us](mailto:grothous@meridian.mi.us), (517) 853-4616

Locations and Times Vary – See List Below:

THURSDAY FEBRUARY 18 7:30 AM HARRIS NATURE CENTER, 3998 VAN ATTA ROAD

TUESDAY FEBRUARY 23 12:00 PM MERIDIAN MALL FOOD COURT

THURSDAY FEBRUARY 25 7:30 AM LEGG PARK, 3891 VAN ATTA ROAD

TUESDAY MARCH 2 12:00 PM MERIDIAN MALL FOOD COURT

THURSDAY MARCH 4 7:30 AM VAN ATTA WOODS  
TUESDAY MARCH 9 12:00 PM MERIDIAN MALL FOOD COURT  
THURSDAY MARCH 11 7:30 AM NORTH MERIDIAN RD  
TUESDAY MARCH 16 12:00 PM MERIDIAN MALL FOOD COURT  
THURSDAY MARCH 18 7:30 AM HARRIS NATURE CENTER  
TUESDAY MARCH 23 12:00PM MERIDIAN MALL FOOD COURT  
THURSDAY MARCH 25 7:30 AM NANCY MOORE PARK

**Delhi Township**

**Coordinator: Tricia VanderPloeg, [Tricia.VanderPloeg@delhitownship.com](mailto:Tricia.VanderPloeg@delhitownship.com)**

**Location: Holt Junior High School, 1784 N Aurelius Road, Holt**

**Time: Tuesdays, 5:30pm to 6:30pm.**