



2024 COMMUNITY HEALTH EVENTS

Building Habits & Setting Goals—January 31

Start 2024 off with the tools you need to be successful in building healthy habits and setting (and achieving) personal goals. Join us for a presentation on fitness, nutrition & fostering a healthy lifestyle.

Heart Health by the Numbers – February, dates TBD

February is American Heart month. Celebrate by taking time out of your busy lives to focus on your heart. Heart healthy screenings, including full lipid panels, will be offered free of charge and reviewed by a health expert. Learn tips on how to improve your health!

Track & Field Adaptive Clinic—February 24

The University of Michigan Adaptive Track & Field Team is leading a clinic and mini-track meet to help train and encourage individuals with disabilities to participate in competitive sports.

Great Bear Chase – March 9

Take part in this Swedetown Trail tradition by participating in one of the many ski races. Events include 50k Skiathlon, 50k freestyle or classic, 25k freestyle or classic and 10k freestyle or classic race. Visit greatbearchase.com for more information.

SiSu Shuffle – April 20

5k fun run/walk/jog/shuffle at UP Health System — Portage. This non-competitive event is free and encourages the whole community to get out and be active.

ACES Day (All Children Exercising Simultaneously) – May 1

ACES day is an international celebration of health emphasizing physical activity among children. Join us by getting 30 minutes of activity throughout the day!

Health and Safety Fair – June 1

Annual event highlighting services and programs offered within our community. Event includes free screenings, healthy food, giveaways, hands-on demonstrations and more.

Canal Run – July 20

Choose from a half marathon, 10 mile walk or run, 5 mile walk or run or 2 mile fun run/walk in this longstanding community event that ends in downtown Hancock. Visit canal.run for details.

Breast Cancer Awareness - October, date TBD

Join us for dinner and listen to a presentation about the basic biology of breast cancer and treatment options, along with the importance of annual mammogram screenings.

Turkey Trot – November 28

5k fun run/walk/jog/shuffle at UP Health System — Portage. This non-competitive event is free and encourages the whole community to get out and be active.

Healthy Holiday Challenge – through the holiday season

A program intended to help you keep off those unwanted extra pounds throughout the holiday season. Receive weekly tips to help you stay motivated.

Look for lunch & learns, blood drives, flu shot clinics, health presentations and more to be added throughout the year!

For details, visit UPHealthSystem.com/community-health-events or contact
Angela Luskin at 906.483.1187 or aluskin@portagehealth.org