



# 2023 COMMUNITY HEALTH EVENTS

## **A Healthier You – January 17**

A healthier you leads to a healthier lifestyle. Learn about small steps that can lead to big results in a relaxed, fun environment.

## **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.

## **Great Bear Chase – March 11**

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](https://greatbearchase.com) for more information.

## **SiSu Shuffle – April 22**

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 3**

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 3**

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 15**

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](https://canal.run) for details.



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## **Turkey Trot – November 23**

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.

## **Maintain Don't Gain – 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.

For more information on each event or to suggest an event that you feel UP Health System — Portage should be participating in, please contact **Angela Luskin** at [aluskin@portagehealth.org](mailto:aluskin@portagehealth.org)