



## Share your thoughts!

We're conducting a 5-minute survey about **Be Healthy QC**. We would appreciate your help and feedback in order to help improve this community work in the Quad Cities.

[Take BHQC Survey](#)

We're also conducting a short, 10-question survey about **QCTrails.org**. We would appreciate your sharing of how you're using QCTrails.org!

[Take QCTrails Survey](#)

## QC Trail of the Month

Each month, we highlight a different trail from the Quad Cities area.

### Hennepin Canal Parkway - Illinois

Explore a piece of scenic history this summer on the Hennepin Canal Parkway: Milan Section, a 7-mile network of bicycle and pedestrian friendly trails. Opened in 1907, the Hennepin Canal made commerce between the Mississippi and Illinois Rivers possible and is now listed on the National Register of Historic Places. The entire Hennepin Canal Parkway stretches 104.5 miles across Illinois, from Bureau Junction to Milan. Today, visitors can admire views of the confluence of the Mississippi and Rock Rivers at Lock 32, enjoy a picnic, or try a hand at fishing on



Enjoy the views on the Hennepin Canal Parkway!

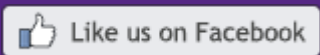
the canal at Locks 30 and 31. Mark your calendars for the [Hennepin Hoopla](#) on August 12, a free day of family fun and activities. Visit [QCTrails.org](#) to learn more about the Hennepin Canal Parkway: Milan Section.



**Is employee health important to your organization or business?  
Join over 25 other local businesses and get recognized as a Be Healthy QC  
Worksite!**

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our Be Healthy QC Worksite Wellness Healthy Workplace Assessment then return it to: [quadcityhealthinitiative@gmail.com](mailto:quadcityhealthinitiative@gmail.com). Businesses that meet at least 10 of the 20 items on the assessment will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business.

**Take Our Assessment Here**



Quad City Health Initiative  
563-421-2826  
[evansrachel@genesishealth.com](mailto:evansrachel@genesishealth.com)  
<http://www.qchealthinitiative.org>



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