



PUBLIC SERVICE ANNOUNCEMENT

For Immediate Release
May 17, 2013

For More Information:
Marquette Senior Center, Jane Palmer
225-8564

2013 MI BIG GREEN GYM & BLUES COMMUNITY CHALLENGE – HEALTH CHECK

There will be a health check offered at the Marquette Senior Center, 300 W. Spring Street, on Tuesday, May 21, 2013 from 1:00-3:00 pm, as part of the 2013 MI Big Green Gym & Blues Community Challenge. Free height, weight, basic BMI and blood pressure screening will be offered. For a \$5 fee blood sugar testing will also be available.

The Blues Community Challenge is an opportunity for individuals to join one of three teams and compete for a community grant provided by Blue Cross Blue Shield of Michigan. Teams compete based on how much exercise their team members record over an eight week period. Marquette is competing against Kalamazoo and the Grand Traverse community.

For more information about the Challenge visit www.walkingworks.com or check out the link on www.mqtcty.org

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