MOVE WITH THE MAYOR®

MICHIGAN CITY

Presented By:

NATIONAL FORUM
FOR HEART DISEASE & STROKE PREVENTION

Franciscan HEALTH

MICHIGAN CITY EST. 1836 INDIANA

Other Participating Sponsors:

Anthem

INTEGRITY DEDICATION MICHIGAN CITY POLICE EST 1879 PROFESSIONALISM

Please email any questions to
Nila Williams at
nila.williams@franciscanalliance.org

MAYOR
ANGIE NELSON DEUITCH

CALENDAR OF EVENTS

All physical activity/events will begin with a brief health talk by physician or clinical staff member.

Free and open to the public. Register on-site.

May 14th |6:00pm | Gardena Park
800 Gardena Street

May 21st | 6:00pm | Pullman Field
550 W. 4th Street

May 28th | 6:00pm | Hansen Park
100 E. Street

June 11th | 6:00pm | Oak Hills Park
716 Martin Luther King Drive

June 19th | 4:00pm | Washington Park
Guy Foreman Amphitheater
115 Lakeshore Drive
Blood Pressure & Glucose Screenings Available

#MoveWithTheMayor

NATIONAL FORUM
FOR HEART DISEASE & STROKE PREVENTION

MICHIGAN CITY
EST. 1036
INDIANA

Franciscan
HEALTH

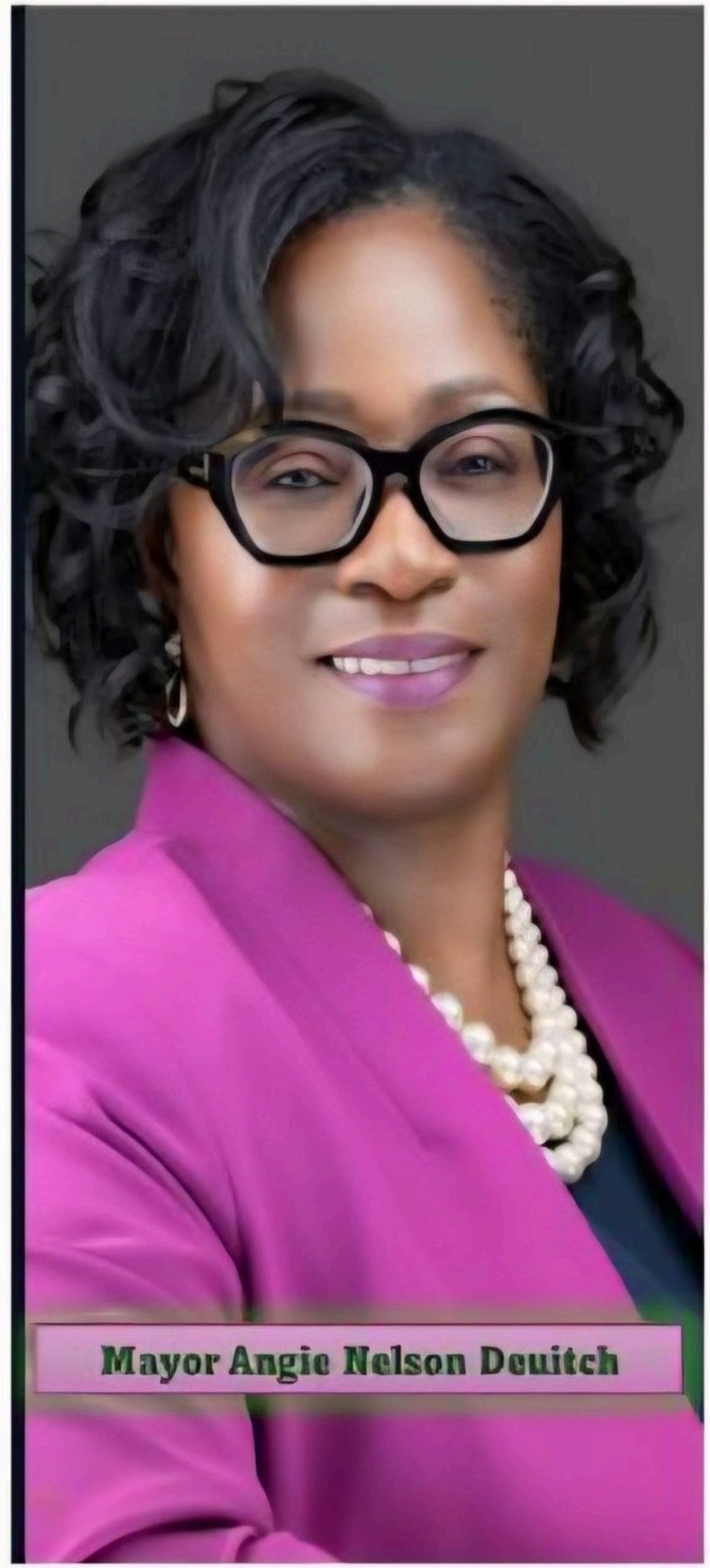
MOVE WITH THE MAYOR®
MICHIGAN CITY

Physical Activity & Health Topics

- MAY 14th Beginners X-Treme Hip-Hop Step – CeCe Howard
- TOPIC: STROKE, HEART ATTACK

- MAY 21st FIT With BRI – Aubria Clifton
- TOPIC: MENTAL HEALTH

- MAY 28th Zumba® Marissa Harris - Franciscan
- TOPIC: ASTHMA

- JUNE 11TH Ron Gaston – Temple Total Fitness
- TOPIC: DIABETES

- JUNE 19TH Line Dance-Kickin' it w/ Cookie-Deshawn Gordon
- TOPIC: COVID/FLU
  - Screenings: BP & Glucose