



Associated Programs

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Northern Menominee
Health Center
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Spalding, MI
(906)-497-5263

Northern Menominee
Health Center South
805 1st Street
Menominee, MI
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Dickinson-Iron
Dental Center
211 S. 4th suite
Crystal Falls, MI
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West Mackinac
Dental Center
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Engadine, MI
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UPPER PENINSULA ASSOCIATION OF RURAL HEALTH SERVICES, INC.

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NMHC hosting Family Fun Walk Sept. 29

NEWS RELEASE

September 8, 2011

SPALDING—The Northern Menominee Health Center will host a Family Fun Walk on Thursday, Sept. 29, beginning at 5:30 p.m. CT. The event will be held at the health center, which is located at the intersection of U.S. 2 and Balsam Lane in Spalding.



The walk will begin and end at the facility, and will take participants a distance of approximately 2.5 miles. Snacks and refreshments will be available after the walk.

Organizers note that this is a non-competitive event.

“We hosted our first Family Fun Walk last year during our 25th anniversary celebration. It was so successful we decided to do it again this year,” said Cathy Mercier, operations manager. “We want to encourage people to get exercise. It’s important for good health and walking is a great exercise.”

[Click for Registration Form](#)

The entry fee is \$8 per person. Those who pre-register by Monday, Sept. 12, will receive a commemorative t-shirt. Proceeds will benefit the Northern Menominee Health Center.

Registration forms are available online at www.upruralhealth.org. Click the “Recent News” located on the home page to access the form. Registration forms are also available at the Northern Menominee Health Center. For more information call the health center at (906) 497-5263 or (800) 270-2905.

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