



Healthy Families Day sponsors free activities

Quad-City Times Staff | Posted: Friday, September 17, 2010 9:30 am

Quad-City health and recreation organizations will host Healthy Families Day from 10 a.m. to 2 p.m. Saturday, Sept. 18, at Modern Woodmen Park, Davenport.

The free event will feature activities such as giant inflatables, obstacle courses, kite-making, games and a punt-pass-kick competition. A health fair will feature organizations that help the family play, eat healthy and make time together fun. Dr. Hussain, from ORA Orthopedics and Genesis Physical Rehabilitation, will speak on "Preventing Injuries through Core Stabilization" at 10:30 a.m.

To help with parking concerns, the Loop bus will run along River Drive, up Perry Street, along 2nd Street, down Marquette Street and back to River Drive. Families also may park in downtown Rock Island and utilize Citibus route 7 across the Centennial Bridge.