

## Community Calendar

### April

*April 25:* A Healthy Kids Day will be held at the Goffstown Allard Center YMCA from 11:00am-2:00pm. It will be an awesome day of exciting activities for kids like bouncy houses, games, scavenger hunts, food, prizes and more. Admission is free. For more information call (603) 623-3558.

*April 29:* Take charge of your health by joining Blue Cross and Blue Shield companies across the country and participating in the 2009 National Walk @ Lunch Day. National Walk @ Lunch Day is an extension of the Blue Cross and Blue Shield Association's WalkingWorks® program. Details at <http://www.bcbs.com/innovations/walkingworks/national-walklunch-day.html>.

### May

*May 2-July 26:* Granite State Senior Games. Open to all men and women ages 50 and over. Details at <http://www.nhseniorgames.org/>.

*May 11-15:* New Hampshire Green Commute Week. Bicycle, walk, carpool, use public transit or rail. Details at <http://www.bikeped.nh.gov> or call (800) 462-8707.

*May 15:* Bike/Walk to Work Day. Details at <http://www.bikeped.nh.gov> or call (800) 462-8707.

*May 15-July 4:* NH Summer Challenge. Details at <http://www.bikeped.nh.gov> or call (800) 462-8707.

*May 17:* American Heart Association Heart Walk – Support the fight against heart disease and stroke. Event location is MerchantsAuto.com Stadium (Home of the NH Fisher Cats, 10AM. Details at <http://www.NHheartWalk.org>.

*May 20:* Intergenerational Wellness 5K Walk celebrating National Employee Health & Fitness Day, Wednesday, May 20, 2009, Memorial Field, Concord, New Hampshire, sponsored by the Governor's Council for Physical Activity and Health. If unable to join festivities on-site, satellite walks are encouraged. For more information, contact Travis Horne at (603) 224-7447 x223 or email at [thorne@nhlgc.org](mailto:thorne@nhlgc.org).

### June

*June 7-10:* Walk NH Week. The Governor will designate the first week of June Walk NH Week 2009 as a way to help promote walking and keep NH residents healthy. What better way to celebrate this special week than to plan a walk (or walks) in your community? Your school, club, senior center, business, park and recreation department, health facility, youth group, etc., can be part of this statewide effort to encourage people to make walking part of their daily lifestyle. Questions? Contact Andrea Alley at (603) 225-0900 or [info@WalkNH.org](mailto:info@WalkNH.org).

### July

*July 10 & 11:* The 28th Annual Prouty Century Ride & Challenge Walk - Benefitting Norris Cotton Cancer Center. Details at <http://www.theprouty.kintera.org/>.

### September

*September 18-19:* Reach the Beach Relay Franconia Notch to Hampton Beach. Details at <http://www.rtbrelay.com/home.php>.

### October

*October 4:* National Alliance on Mental Illness (NAMI) Walk at the New Hampshire Hospital, Concord. Details at <http://www.nami.org>.

### November

*November 1:* Manchester City Marathon/Half Marathon. Details at <http://www.cityofmanchestermarathon.com/>.