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## **For Your Information:**

Willie Braudaway Oct 7, 2018

Here's another reason to love October. The Andale Del Rio Family Health Event is celebrating 20 years this October because it's been "Rockin' Family Health Since 1997." Well, technically, this is actually the Community Health Improvement Coalition's 21st Andale Del Rio after 20 full years of promoting health and fitness for our community and families. That's a whole generation!

I know where I'm going to be on Saturday, October 13, from 8 a.m. to 12 p.m. – partaking in all the FREE fun and health activities at Buena Vista Park! Everyone who registers will have a chance to win some fabulous door prizes – bikes and other healthy fitness and sports stuff as well as the grand prize of a \$250 gift card!

CHIC's Andale Del Rio Family Health Event is centered on ALL things pertaining to health – eating well, being active, and instilling healthy habits into our families. The goal is to present interactive, fun activities that promote health within our community and our families. So join us for:

- Activities and games for the kids
- Blender Bike-Path to the Plate
- Focus Fitness Challenge
- Fire Department Safe House
- Musical and dance entertainment

- Colorectal cancer screenings
- Blood pressure screenings
- Diabetes Myths game
- Even more health information from lots of health organizations
- AND the 5K/10K Walk/Run

CHIC is proud to provide three opportunities a year to participate in an official WT Technologies and Services Chip-Timed 5K/10K run/walk for the community – the Andale Del Rio in October, the Chilly 5K in January, and the Feel the Burn 5K/10K in May.

While the pre-registration deadline has passed, you can still register onsite from 7 a.m. to 8 a.m. before the gun starts the race at 8:30 a.m.

Go to CHIC's website at [chicdelrio.com](http://chicdelrio.com), and click on the Family 5K Walk-Run tab to find the registration form. Print it out, fill it out, and bring it with you along with your \$20.

Of course, you can also fill out the registration form that morning right there – don't forget the money, though. Anyone can walk or run the 5K, but if you choose the 10K, you have to run it!

Proceeds from Andale Del Rio's Family Health Event support the health initiatives promoted by CHIC's various subgroups – especially the Val Verde-Kinney Cancer Task Force, the Diabetes Task Force, and the Mental Health Committee. CHIC is also grateful to the many sponsors who support this event – BCFS Health and Human Services, Border Federal Credit Union, City of Del Rio, Laughlin AFB Health Promotion, SFDRICISD, Texas A&M AgriLife Extension, USAF Family Advocacy Program, Val Verde Regional Medical Center, and WT Technologies and Services.

I hope to see lots of you at the Andale Del Rio Family Health Event on Saturday, November 3, from 8 a.m. to 12 p.m. at Buena Vista Park. I have some diabetes myths to bust for you!

— *Willie Braudaway strives to make life better as a librarian, genealogist, and member of various community organizations. Contact her at [librarywillie@hotmail.com](mailto:librarywillie@hotmail.com).*

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Ruben Cantu