



# fit&fun

## Fall Challenge 2018



### September

#### 8 SATURDAY RIVERSIDE PARK RIBBON CUTTING

Riverside Park, 6:30 pm • Free

Come check out the new playground at Riverside Park. There will be a ceremonial ribbon cutting ceremony and then children can play on the new equipment.



#### 15 SATURDAY FINISH LINE - BIKE MAINE

Riverside Park, 12 - 3 pm • Free

Come help us cheer on bikers as they cross the finish line from the bike trip from Presque Isle up to the Allagash and back to PI. We'll provide the music and cow bells, you provide the enthusiasm!



#### 26 WEDNESDAY FALL TRAIL HIKE

Nordic Heritage Center, 6 pm • Free

Linda Menard from TAMC will lead a trail hike at the Nordic Heritage Center. This is a fairly easy walk that is appropriate for beginners as well as more experienced hikers who want the social interaction of a group activity. Come get familiar with this great local resource!

#### 29 SATURDAY COLORS OF COURAGE 5K/10K

TAMC, 9 am • Free Kids Fun Run, \$25 for 5K/10K

Colors of Courage raises awareness of the struggles of our family, friends and neighbors who have battled or are currently battling cancer. All proceeds benefit Aroostook Cancer Care. Activities include a 5K and 10K walk/run as well as a free Kids Fun Run. All participants earn a medal; 5K/10K participants receive an event t-shirt. To register or learn more, including the specific course routes, please visit [www.tamc.org/colorsofcourage](http://www.tamc.org/colorsofcourage).



*The Fit & Fun Program is sponsored by TAMC, which becomes Northern Light A.R. Gould Hospital on October 1.*

### October

#### 19 FRIDAY HAUNTED LANTERN HISTORY TOUR

Presque Isle Historical Society, 6 pm • \$5

Guided "slightly scary and kinda creepy" tours of historic downtown Presque Isle by lantern. Tours begin at the fire house. Tickets are \$5 each; reservations can be made at 764-1151.

#### 20 SATURDAY TAMC HEALTH FAIR

Northern Maine Community College, 10 am - 1 pm • Free

The Health Fair includes many free screenings, free adult flu shots, and a Teddy Bear Clinic for the kids. Providers and staff from TAMC's many practices will be on hand to share information and answer questions. Nursing students from NMCC will also have booths, as will some local non-profits. Come learn more about your health and get some free giveaways from "Northern Light A.R. Gould Hospital" -- TAMC's name starting October 1.

#### 26 FRIDAY MONSTER MASH

PI Rec Center, 6-8 pm • \$10/Family

Families are invited to dress up and join in on the fun! There will be a dance, penny carnival style games, a cupcake walk, concessions including pizza and popcorn, a bake sale, a photo booth and more! Prizes will be awarded in a variety of categories for the best dressed families! Goodie bags and prizes will be given out as well!

#### RUN/WALK/BIKE ACROSS THE SYSTEM

When/Where You Want! • Free

TAMC's "Run/Walk/Bike Through the System" is a chance for people to virtually "travel" the distance between all of the hospitals in the EMHS system, from TAMC to Mercy in Portland. Complete the 510 miles on your own schedule by tracking steps/miles. Earn a medal upon completion and be entered into a drawing for a prize. Contact Jamie Guerrette for a log sheet at [jguerrette@emhs.org](mailto:jguerrette@emhs.org) or 768-4008.



*Get your passport card punched at each event you take part in and earn prizes!*

#### OUR CHALLENGE PRIZES:

3 Punches: Pedometer | 5 Punches: Water Bottle  
7 Punches: Insulated Lunch Bag