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Health Department of Northwest Michigan

**Health Department Joins Bike Share Charlevoix Program
*Creates new public pickup for bikes on the south side***

An important part of being healthy is finding convenient ways to eat right and exercise. To assist, the Health Department of Northwest Michigan (HDNW) is a new partner in the Bike Share Charlevoix program. Two new cruisers, owned by the City of Charlevoix, are stationed at a bike rack in front of HDNW's Charlevoix office.

"We are so excited to yet again expand into another area of Charlevoix," said Kent Knorr, City of Charlevoix Recreation Director. "This is a wonderful program and a great way for residents and visitors to get out and enjoy biking in our community. If you haven't seen Charlevoix by bicycle, this is the perfect way to give it a try."

By adding the health department's 220 W. Garfield location, the city has seven Charlevoix locations that offer the use of cruiser bikes free of charge. Charlevoix is a bike friendly community and has been recognized as a Pure Michigan Trail Town. Bikes are available for check-out at HDNW from 8 a.m.-noon and 1-5 p.m. Monday through Friday. They may be signed out at the front office for short rides or the full day.

"We're happy to join the program as a host," said Dan Thorell, HDNW Interim Health Officer. "This is natural fit for us as we build on more than 90 years of promoting health. We welcome residents and visitors to stop by and take a ride."

A variety of non-motorized bike trails connect Charlevoix to area lakes and surrounding communities. They include [Lake to Lake Trail](#), [Little Traverse Wheelway](#) and [Top of Michigan Trails Council Trail Network](#).

Get Ready to Bike to Work

HDNW is also one of the sponsors of the city's upcoming Bike to Work Day, along with Revolution Bike and the Charlevoix Area Chamber of Commerce. Based on the annual Bike to Work Day held nationwide each June, the sponsors are encouraging residents to ride their bikes to work this Friday, June 10.

If you live a distance from town, residents may park and ride from Ferry Beach on the south side or from Charlevoix Township Hall on the north side. While enroute, stop by East Park in downtown Charlevoix where coffee, muffins, and bike-related gifts will be handed out between 7:30-10 a.m. Friday, June 10.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For more information, visit nwhealth.org.

If you don't have a bike, visit one of the Bike Share Charlevoix locations to get equipped for the ride. In addition to HDNW, bikes may be borrowed at Charlevoix Municipal Airport, Irish Boat Shop, City Marina, Charlevoix Public Library, Charlevoix Senior Center, and Hotel Earl.

To learn more about [Bike Share Charlevoix](#) or the Bike to Work Day, call the city recreation department at 231-547-3253. For questions on how to sign out bikes at HDNW, call 800-432-4121.

Cutline: Health Department of Northwest Michigan employees Melanie Bosman (left) and Angie Clark test out the new cruisers available for the public to borrow at HDNW from 8 a.m.-noon and 1-5 p.m. Monday-Friday.

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Charlevoix

**BIKE
TO WORK
DAY**



**June 10
2022**

**Stop by East Park between 7:30 AM and 10:00 AM to collect your gift
for biking to work (or just biking)!**

Driving from out of town?

Park and ride from Ferry Beach (southside) and Charlevoix Township Hall (northside)

Sponsored by:

