



All in favor of healthy kids
walk this way.

Come to **Walk This Way at Turtle Bay on October 7**

*It's true, small steps make a huge difference! Walking at least 30 minutes a day improves health, increases energy and even makes you feel good. And if done as a family, actually increases the chance of talking with your kids. So take a step in a healthy direction. Come to **Walk This Way at Turtle Bay** on October 7 and take the Healthy Shasta Challenge. For details visit www.healthyshasta.org or call (530) 229-8243.*

HEALTHY

SHASTA
Better choices. Healthy changes.