

# SHASTA COUNTY

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Public Health

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## P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

Date: October 4, 2007

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### **“Walk This Way at Burney Falls”**

Come join us on Saturday, October 13, 2007 from 3 pm to 6 pm at McArthur-Burney Falls Memorial State Park. This Healthy Shasta family event is FREE and includes free entrance into the park during the event.

Bring your family and join the fun at the “Walk This Way at Burney Falls” event with activities during the event including:

- Karate demonstrations by Scott Halsey’s Karate
- Nordic Pole demonstration with Don Jacobs
- Bright Futures Tiny Tunes
- Yoga
- Physical Fitness Assessments
- Ranger lead hike to Burney Falls
- Health information booths
- And More!

Don’t forget to participate in the Healthy Shasta Challenge during the month of October for the opportunity to enter a drawing to win a family trip to Disneyland and other fabulous prizes.

For more information about the event and how you can take the Healthy Shasta Challenge for a chance to win a trip to Disneyland and other great prizes, visit [www.healthyshasta.org](http://www.healthyshasta.org).

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