



## PRESS RELEASE

**Date:** October 5, 2006  
**Contact:** Shellisa Moore at 337-6707

### **Join Us for the Intermountain Area's Healthy Shasta Kick-off Event "Walk This Way at Bailey Park"**

**Burney, CA-** Join the fun and bring your family to the Intermountain Area's Healthy Shasta's Kick-Off event "Walk This Way at Bailey Park". This FREE, family event is on October 11<sup>th</sup> from 5:00 – 7:00 pm at Bailey Park in Burney. Event activities include:

- Intermountain Paces to Places Family Fun Walk;
- Family Festivities: Coconut bowling, melon weight lifting, potato sack races;
- How Walkable is your Community? An interactive session on how to make places more pedestrian friendly;
- Fresh Fruit and Veggie Tasting;
- Scott Halsey's Kenpo Karate Demonstration;
- Totally Fit Belly Dancing and Hip Hop Demonstrations;
- Plus much more!

At this event, we will also introduce the Healthy Shasta Challenge. Those who participate in the Healthy Shasta Challenge during the month of October can complete healthy activities on the Challenge checklist, and enter a drawing for a family trip to Disneyland and other fabulous prizes!

For more information about the Intermountain Healthy Shasta event contact Shellisa Moore at 335-6707 or visit [www.healthyshasta.org](http://www.healthyshasta.org).

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First 5 Shasta  
McConnell  
Foundation  
Mercy Medical  
Center  
Shasta County  
Public Health  
Shasta Family  
YMCA  
Turtle Bay  
Exploration Park