



PRESS RELEASE

Date: April 17, 2007

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Mayor Dickerson Walks the Talk

REDDING, CA – City of Redding Mayor Dick Dickerson will announce plans for “Walk this Way with the Mayor!” at tonight’s Redding City Council Meeting.

“If I can do it, you can do it too!” said Mayor Dickerson, who will turn 70 this year and maintains an active lifestyle despite diabetes and a recent knee surgery. Mayor Dickerson is personally committed to a healthy lifestyle, including regular physical activity and healthy eating, and invites the public to join him.

Last December Mayor Dickerson and 12 other local community leaders were part of a team that was selected through a competitive process to attend the national YMCA Pioneering Healthier Communities interactive workshop to identify ways to help people be more physically active and eat healthy. This team was coordinated by Healthy Shasta and funding was provided through the YMCA of the USA.

As a result of his involvement with the team, Mayor Dickerson decided to be a role model for physical activity and to reach out to youth. Plans for “Walk this Way with the Mayor” include:

- An opportunity for the public to talk and walk with the Mayor every Tuesday in May at noon, meeting under the City Hall Breezeway, 777 Cypress Avenue
- Special walks with the Mayor for seniors on May 14 (10 am) at Mercy Oaks and on May 23 at Lema Ranch (9:30 am)
- Mayor Dickerson will visit Prime Time YMCA and other afterschool sites to walk with students, shoot hoops and share a physical activity message
- Participation in the Walkability Workshop and Audit with Mistletoe Elementary students on May 31 to identify ways to make the area near the school more walkable
- A Farmers’ Market Family Walk with the Mayor and nutrition activities at the Redding Certified Farmers’ Market on June 30

Healthy Shasta is a partnership to help people be more physically active and to eat healthy. We are committed to changes that help make healthy choices easier. For more information, visit www.healthyshasta.org or call 229-8243.

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City of Redding

First 5 Shasta

McConnell
Foundation

Mercy Medical
Center

Shasta County
Public Health

Shasta Family
YMCA

Turtle Bay
Exploration Park