



## PRESS RELEASE

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Head Start

McConnell  
Foundation

Mercy Medical  
Center

Redding Rancheria

Redding School  
District

Shasta College

Shasta County Office  
of Education

Shasta Family  
YMCA

Simpson University

Turtle Bay  
Exploration Park

University of  
California Cooperative  
Extension

Viva Downtown

Whiskeytown  
National Recreation  
Park

Date: 4/2/2010

Contact: Taylor Lukehart, Simpson University student volunteer, (530) 440-5214 OR  
Melinda Shaffer, Healthy Shasta, (530) 225-5351

### HEALTHY SHASTA OFFERS FREE E-NEWSLETTER

SHASTA COUNTY – Healthy Shasta is offering two free e-newsletters to support a healthy lifestyle for north state residents and update them about healthy eating and physical activity events in the community. The two options include:

- **Activate Shasta:** information on local events, ways you can make a difference, and practical tips for adding physical activity and healthy eating to your busy day.
- **Bicycling and Walking Updates:** regular news and information about bicycling, walking, and creating safe places for people-powered recreation and transportation provided by the NorCal Bicycle Partnership and Healthy Shasta.

To sign up online, visit [www.healthyshasta.org](http://www.healthyshasta.org) and look for the “Join Our Email List” box on the right hand side of the webpage. Enter your email address and follow the prompts to sign up for either or both e-newsletters.

“Both newsletters are a great resource of reliable information for people who are interested in healthy options, said Melinda Shaffer, of Healthy Shasta. “We are excited about the opportunity to provide these resources to the community.”

Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play. Visit [www.healthyshasta.org](http://www.healthyshasta.org) or call 225-5351 for more information.

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