



PRESS RELEASE

City of Anderson

Date: April 28, 2009

City of Redding

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City of Shasta Lake

National Walking Expert Mark Fenton to offer Free Workshops

County of Shasta

REDDING – The public is invited to attend a free **Healthy Community Design & Walkability Workshop with Mark Fenton**. It will take place Wednesday, May 6th, from 5:30 to 7:30 pm. This free workshop includes an insightful 'walkabout' on the streets of Redding, and then moves inside for an engaging and entertaining discussion about ways to make the community inviting, convenient, and safe for pedestrians and bicyclists. At the Shasta College Health Sciences and University Center (1400 Market Street, in downtown Redding). Meet outside in the plaza near the corner of Market and Tehama streets at 5:30 pm for walkabout or at 6 pm in Room 8220.

First 5 Shasta

McConnell
Foundation

Mercy Medical
Center

Redding Rancheria

"Healthy Shasta's vision is to create a community where the healthy choice is the easy choice. Walking is the number one form of exercise in our community so it only makes sense to focus on making walking safe, easy, convenient and inviting for recreation and transportation," said Marta McKenzie, Healthy Shasta Partner Leadership Team member and Director of Shasta County Health and Human Services Agency.

Redding School
District

Shasta College

Healthy Shasta is bringing nationally renowned walking expert Mark Fenton to Shasta County in May. He will be working with Healthy Shasta partners to provide various trainings and workshops, listen to participants, and establish action steps for creating settings that are safe, inviting and convenient for pedestrians. As former host of PBS television's *America Walks* program, Fenton is a high-energy and entertaining author and national consultant. His work includes efforts with the University of South Carolina's Pedestrian and Bicycle Information Center and the National Center for Walking and Bicycling. With engineering degrees from Massachusetts Institute of Technology and experience with communities across the nation, Fenton provides innovative solutions for creating more walkable and bikable settings.

Shasta County Office
of Education

Shasta Family
YMCA

Shasta Head Start

Simpson University

For more information about Mark Fenton's visit to our community, the workshops, or Healthy Shasta, call 245-6457 or visit www.healthyshasta.org.

Turtle Bay
Exploration Park

University of
California Cooperative
Extension

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 for more information.

Whiskeytown
National Recreation
Park

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