



## PRESS RELEASE

**Date:** April 30, 2007

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### Walk this Way with Mayor Dickerson

REDDING, CA – Join Mayor Dickerson, school children from Cypress Elementary and the public for the inaugural Mayor's Walk on Tuesday, May 1, at 12 noon. Walkers will meet under the City Hall Breezeway, 777 Cypress Avenue, and walk past the sculpture garden, fountains and other local attractions.

The Mayor's walks provide a great opportunity to meet Mayor Dickerson and talk with him. The public is invited to **walk with the Mayor each Tuesday at noon** from the City Hall Breezeway through the end of May. Walkers of all speeds, abilities and ages are invited.

The Shasta Sundial Strollers (our local Volkssport walking club), has identified several great walking routes from City Hall and will lead the Mayor's walks. The walks can be completed in 20 minutes to fit into lunch breaks, however participants are encouraged to walk further if they have time.

"A mid-day walk is a great way to break-up your workday and stay energized through the afternoon," states Sherrie Brookes, of Shasta County Public Health. Regular physical activity such as brisk walking helps people feel more energetic, reduce stress, maintain a healthy weight and improve overall health.

Healthy Shasta is a partnership to help people be more physically active and to eat healthy. The Shasta Sundial Strollers offer numerous walks free for the public each week. For more information about the Mayors walks, the Shasta Sundial Strollers walking schedule, or route maps, visit [www.healthyshasta.org](http://www.healthyshasta.org) or call 229-8243.

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#### PHOTO OPPORTUNITIES – INAUGURAL MAYORS WALK

- Tuesday, May 1, 2007 at 12 noon
- Begins under City Hall Breezeway, 777 Cypress Avenue (between Redding City Hall and Council Chambers)
- Walk through the Sculpture Garden, fountains and local attractions
- Children from Cypress Elementary and the community will be walking with Mayor Dickerson