



PRESS RELEASE

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Healthy Shasta Announces New Features At Walk This Way at Turtle Bay Celebration

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

McConnell
Foundation

Mercy Medical
Center

Redding
Rancheria

Shasta College

Shasta County
Office of
Education

Shasta Family
YMCA

Simpson
University

Turtle Bay
Exploration Park

REDDING, CA – Building on the success of the past two years, Healthy Shasta presents the 3rd annual Walk This Way at Turtle Bay celebration! This year's new and exciting activities include an 'I Spy' scavenger hunt along the fun walk route, a children's gardening workshop, and an interactive jump rope workshop for kids of all ages. This year's main stage performance will be Tarilyn Isenhardt of Ropeworks. Tarilyn is a Cirque du Soleil performer and national jump rope champion who will wow the crowd with an exhilarating jump rope comedy show at 11 a.m.

Walk This Way at Turtle Bay is a FREE event on Saturday, October 4, from 9 a.m. to 1 p.m. Additional highlights include:

- Free admission to Turtle Bay Exploration Park (provided by Mercy Medical Center Redding)
- 9 am: Family Fun Walk kicked off by the Redding Rancheria Drummers. Free t-shirts for children who walk, while supplies last.
- Healthy cooking demonstrations by the Shasta College Culinary Arts and Nutrition Departments
- Nutrition Olympics, parachute fun, children's gardening workshop, and other kid's activities
- Health screenings and Nordic walking demonstrations in the gardens
- Sports exhibitions by Penguin Paddlers, Simpson University Soccer, Redding Tae Kwon Do, and many others
- Search for the final Golden Shoe to win a prize worth over \$600

Walk This Way at Turtle Bay Super Hero sponsors include Mercy Medical Center Redding, Shasta County Public Health, The McConnell Foundation, Turtle Bay Exploration Park, and *Network for a Healthy California*. Other major sponsors include California Emergency Physicians Group – Mercy Medical Center, City of Redding, Jack FM, K-Shasta, Q97, Simpson University, and the Shasta Family YMCA.

Visit www.healthyshasta.org for a full schedule of events, or contact Healthy Shasta at 225-5351. Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play.

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