



PRESS RELEASE

Date: September 26, 2007
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Public is Invited to Healthy Shasta's "Walk This Way at Turtle Bay"

Redding, CA – Healthy Shasta's second annual "Walk This Way at Turtle Bay" is sure to be another fun-filled, exciting day for kids of all ages. This FREE event takes place on Saturday, October 6, from 9 am to 1 pm.

Highlights include:

- 9 am: Family Fun Walk kicked off by the Shasta Taiko Drummers (with free t-shirts for children who walk, while supplies last)
- 11 am: KidTribe's Hoop-A-Pa-Loo-Za high-energy hula hoop performance
- Nordic walking and yoga demos in the McConnell Arboretum Gardens, along with Health Screenings
- Healthy cooking demonstrations and fresh produce samples
- Nutrition Olympics, parachute fun and other kid's activities
- Free admission to Turtle Bay Exploration Park (provided by Mercy Medical Center, Redding) and much more!
- Get a jump start on the Healthy Shasta Challenge for a chance to win a free trip to Disneyland

"Walk This Way at Turtle Bay" is provided by Healthy Shasta's partners: City of Redding, First Five Shasta, Mercy Medical Center Redding,

- more -

City of Redding
First 5 Shasta
McConnell
Foundation
Mercy Medical
Center
Shasta County
Public Health
Shasta Family
YMCA
Turtle Bay
Exploration Park



Shasta County Public Health, Shasta Family YMCA, The McConnell Foundation, and Turtle Bay Exploration Park; and sponsors: Churn Creek Meadow Organic Farm, Country Organics, Curves, Fleet Feet Sports, 99.3 HANK, KSHA 104.3, Network for a Healthy California, Shasta CAN (Coalition for Activity and Nutrition), Holiday Quality Foods, KRCR Channel 7, Power 94, Q97, Dr. Todd Royce – Chiropractic First, Simpson University, and Whiskeytown National Recreation Area.

City of Redding

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Visit www.healthyshasta.org for a full schedule of events, or contact Healthy Shasta at 229-8243. 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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