

JOIN THE MOVEMENT!

Shop Healthy



Shasta Lake

Make a HEALTHY difference in your community



Attend events



Share ideas



Spread the word

When: Last Monday of Each Month
3:00 to 4:30 p.m.

Where: Health and Human Services Office
4216 Shasta Dam Boulevard

Contact: Mary Messier- mmessier@co.shasta.ca.us
Jennifer Gideon- jgideon@co.shasta.ca.us

www.healthyshasta.org

Did You Know?

Drive-In Market:

Healthy advertising replaced tobacco and alcohol advertising!

Sentry Market:

Healthy checkout lane has options you can feel great about!

Sunshine Market:

Fresh fruit is available at checkout!



This material was produced with funding from Centers for Disease Control and Prevention (CDC) Grant Number DP005499 through the California Department of Public Health. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the U.S. Department of Health and Human Services.

HEALTHY
SHASTA
Better choices. Healthy changes.