



# Saint Louis County

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## NEWS RELEASE

**FOR IMMEDIATE RELEASE:**

April 15, 2013

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### **Free community event promotes healthy families and lifestyles**

A community's level of health is made of many components. Health and fitness, public safety, environmental sustainability and financial literacy are just a few.

To raise awareness and educate people in our community, numerous health advocates have teamed up to put on the fourth annual Northland Community Wellness Day, Saturday, April 27, 11 a.m. – 3 p.m. at UMD's Romano Gym. The event is free and open to the public, and will feature a variety of family-friendly activities. More than fifty vendors are registered to participate.

The keynote speaker is Paul Batz, author of "What Really Works: Blending the Seven F's for the Life You Imagine." The F's include faith, family, finances, fitness, friends, fun and future. Batz will speak at 1 p.m. in the Marshall Performing Arts Center. Other activities include rock climbing and kids' fun with UMD athletes.

Northland Community Wellness Day is presented by St. Louis County, UMD Health Services and Bridge to Wellness. It is sponsored by Wells Fargo, Whole Foods Co-op, Essentia Health, the Northland's News Center, Duluth Sign, Duluth Dodge and Holistic Health & Healing.

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