



Saint Louis County

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NEWS RELEASE

FOR IMMEDIATE RELEASE:

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Free community event promotes healthy families and lifestyles

A rock climbing wall, bouncy house and maze, zoo animals, face painting and crafts, plus Champ and various UMD Bulldog athletes – these are just a few of the family fun activities available at the fifth annual Northland Community Wellness Day, Saturday, March 29, 10 a.m. – 2 p.m. at UMD's Romano Gym. The event is free and open to the public.

To encourage healthy activities and educate people in our community, a variety of health advocates have teamed up for this day of fun focusing on health and wellness, financial literacy, public safety and environmental awareness – all factors in determining a community's overall level of health. More than sixty vendors are registered to participate.

New this year is a scavenger hunt with fun prizes for all ages including tickets to the Harlem Globetrotters, gym memberships, t-shirts and more.

Informational workshops are offered every half hour. Topics include relaxation/meditation, container gardening, barrels and bees, a cooking demonstration by Tom Hanson of the Duluth Grill, bike safety and a K-9 demonstration by the Duluth Police Department, sustainable food and health care, and homemade non-toxic cleaners. The workshop schedule and other information about the event is available online at northlandcwd.org.

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

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