



Saint Louis County

Administration • 100 North Fifth Avenue West, Room 202 • Duluth, MN 55802
Phone: (218) 726-2450 • Fax: (218) 726-2469 • www.stlouiscountymn.gov

Kevin Z. Gray
County Administrator

NEWS RELEASE

FOR IMMEDIATE RELEASE:

March 9, 2015

CONTACT: Tiffany Kari
Health Promotions Coordinator
(218) 720-1551

Free community event encourages healthy living for all ages

A scavenger hunt, rock climbing wall, game time with Champ and UMD athletes, a bouncy house, zoo animals, and – new this year – a guided family hike through Bagley Park – these activities and more are being offered as part of Northland Community Wellness Day. The event is Saturday, March 28, 10 a.m. to 2 p.m., at UMD’s Romano Gym. Anyone wanting to take part in the hike through Bagley Park should meet in the lobby at Romano Gym at 10:30 a.m. All activities are free and open to the public.

Now in its sixth year, Northland Community Wellness Day is an effort to educate people and encourage healthy activities. It brings together a variety of health advocates to 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 70 vendors are registered to participate.

Informational workshops are offered every half hour, and include sessions on breathing and relaxation, planting for pollinators, composting, cooking on the wild side, fire and carbon monoxide safety, understanding personal health numbers and a police K-9 demonstration. 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 the City of Duluth. Sponsors include Minnesota Power, Wells Fargo, Whole Foods Co-op, Essentia Health, Duluth Sign, Duluth Grill, Duluth News Tribune, Holistic Health & Healing, Moms & Dads Today, and KBJR 6 and Range 11.

###