



FOR IMMEDIATE RELEASE

July 19, 2012

Mount Vernon Mayor Jill Boudreau launches Mayor's Wellness Challenge in August

MOUNT VERNON - City of Mount Vernon Mayor Jill Boudreau has announced a new citywide initiative, the Mayor's Wellness Challenge, which will feature a free wellness activity for City residents every day of the month in August 2012.

Mayor Boudreau believes that a healthy community results in greater quality of life, satisfaction, and community engagement, and has created the Mayor's Wellness Challenge to inspire the community to healthier lifestyles and ensure that all residents have access to health education and activities.

In a truly community wide effort, Mount Vernon City Hall, School District, Skagit Valley Hospital, businesses, nonprofits, and the public have come together to take part in the Challenge and host events ranging from hikes, tai chi, nutrition seminars, a family bike ride, and much more.

Residents can go to www.mountvernonwa.gov to view the calendar of events and sign up for the Mayor's Wellness Challenge newsletter with daily wellness tips and 'event of the day' information.

Join Mayor Boudreau in commitment to a healthy lifestyle and creating a better place to live, work, and play for our kids!

For further information, contact:

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