



FOR IMMEDIATE RELEASE

July 21, 2014

City of Mount Vernon Mayor Jill Boudreau launches 3rd Annual Mayor's Wellness Challenge in August

MOUNT VERNON – City of Mount Vernon Mayor Jill Boudreau has announced the schedule of events for the 3rd Annual Mayor's Wellness Challenge, which will feature a free wellness activity for City residents every day of the month in August 2014. This year there will be weekly themes (Healthy Body, Healthy Mind, and Healthy Community) and weekly PRIZES!

Mayor Boudreau believes that a healthy community results in greater quality of life, satisfaction, and community engagement. She 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 communitywide effort, Mount Vernon City Hall, Skagit Valley Hospital, Mount Vernon School District, businesses, nonprofits, and the public have come together for a third year to take part in the Challenge and host events ranging from hikes, free gym day, tai chi, healthy cooking demonstrations, bike rides, 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 or "like" the Mount Vernon Wellness Challenge page on Facebook to receive daily wellness tips and 'event of the day' information.

Join Mayor Boudreau in committing to a healthy lifestyle and creating a better place to live, work, and play!

For further information, contact:

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