



**FOR IMMEDIATE RELEASE**

**January 7, 2015**

**Mayor Jill Boudreau announces Winter Wellness Week in January 2015**

MOUNT VERNON – City of Mount Vernon Mayor Jill Boudreau is launching a winter addition to the Mayor’s Wellness Challenge – a Winter Wellness Week from January 25-31, 2015 with FREE daily activities for the entire community.

Activities include an Art Walk, Five Wishes Living Will Workshop, Zumba, Free Gym Day, Illuminight Winter Walk, Family Swim, and Yoga. As an added bonus, participants in Winter Wellness Week will receive a pedometer and water bottle! For event details, see [www.mountvernonwa.gov](http://www.mountvernonwa.gov) and click on the Mayor’s Wellness Challenge logo or “like” the Mount Vernon Wellness Challenge page on Facebook.

Thank you to the City’s partners: Skagit Regional Health, Skagit Valley College, Mount Vernon Downtown Association, Hospice of the Northwest, Anytime Fitness, Riverside Health Club, Urban Fitness, Skagit Valley Family YMCA, Studio 7 Fitness, Mt. Baker CrossFit, Tri-Dee Arts, and our Parks and Recreation Department for putting together these events the last week in January.

Join Mayor Boudreau in committing to a healthy lifestyle in 2015 and creating a better place to live, work, and play!

For further information, contact:

Mayor’s Office  
360-336-6211