



FOR IMMEDIATE RELEASE

July 6, 2015

City of Mount Vernon Mayor Jill Boudreau launches 4th Annual Mayor's Wellness Challenge in August

MOUNT VERNON – City of Mount Vernon Mayor Jill Boudreau has announced the schedule of events for the 4th Annual Mayor's Wellness Challenge, which will feature a free wellness activity for City residents every Wednesday and Saturday in August 2015.

This year's theme is "31 Minutes for 31 Days" – registered participants will receive a tracking sheet to log their activity in August, and everyone who completes at least 31 minutes of activity each day of the month will receive a prize. In addition, participants will be given a list of fun, free activities taking place in August and motivation to keep active all month long!

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 Regional Health, other businesses and non-profits, and the public have come together for a fourth year to host events ranging from a Little Mountain hike, health screenings, Walk and Roll on the Kulshan Trail, Bike to Farms Tour, and more.

Residents can go to www.mountvernonwa.gov and click on the Mayor's Wellness Challenge logo to register. Participants can also sign up for the e-newsletter or "like" the Mount Vernon Wellness Challenge page on Facebook to receive daily wellness tips and 'event of the day' information throughout the month of August.

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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