



FOR IMMEDIATE RELEASE

January 8, 2016

2nd Annual Mayor's Winter Wellness Week on January 24-30, 2016

MOUNT VERNON – City of Mount Vernon Mayor Jill Boudreau will hold the 2nd annual winter addition to the Mayor's Wellness Challenge – a Winter Wellness Week – on January 24-30, 2016 with FREE daily activities for the entire community.

Activities include pickleball, a gardening class, planetarium visit, piano and art social, assistance with mobile devices, tai chi, and the return of last year's very popular Illuminight Winter Walk!

For event details, see 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 Food Co-op, Mount Vernon Downtown Association, Tri-Dee Arts, Skagit Watershed Council, Friends of Illuminated Wildlife, Mount Vernon School District, and our City Library and Parks and Recreation Department for putting together these events the last week in January.

Join Mayor Boudreau in committing to a healthy lifestyle in 2016 and creating a better place to live, work, and play!

For further information, contact:

Mayor's Office
360-336-6211