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City of Duluth Communications Office

411 West First Street, Duluth, Minnesota 55802
218-730-5230 | www.duluthmn.gov | Don Ness, Mayor

For more information contact Pakou Ly, Public Information Coordinator 218-730-5309
or Amy Norris, Public Information Coordinator 218-730-4312

DATE: 04/15/2013

SUBJECT: 4th Annual Northland Community Wellness Day

BY: Amy Norris, Public Information Coordinator

**4th Annual Northland Community Wellness Day Saturday, April 27, at
UMD; renowned author Paul Batz
to present ‘Blending the 7 F’s for the life you imagine’**

A variety of informative and fun activities will be part of the 4th annual Northland Community Wellness Day, **from 11 a.m. to 3 p.m. Saturday, April 27, in UMD’s Romano Gym.** Parking and admission are free.

The event, which promotes healthy families and communities through education and awareness, will include information about health & fitness, public safety, environmental awareness, financial literacy and more. There will also be rock-climbing and kids’ activities with UMD athletes.

A highlight of the day will be a keynote presentation by Minnesota author Paul Batz, at 1 p.m. in the adjacent Marshall Performing Arts Center. Batz’s topic will be: “What really works – Blending the Seven F’s for the Life You Imagine: Faith, Family, Finances, Fitness, Friends, Fun and Future.”

“Every year more and more people attend Northland Community Wellness Day, because they benefit in so many ways,” said event coordinator Gina Gould. “It’s, fun, it’s informative and it’s free, making it a great way to spend a few hours on April 27.”

The event is presented by St. Louis County, UMD Health Services, and the City of Duluth

Bridge to Wellness. It is proudly sponsored by: Wells Fargo, Whole Foods Co-op, Essential Health, Duluth Sign, Holistic Health & Healing and the Duluth Grill, which will be selling food and smoothies.

Anyone seeking additional information about the event is invited to visit facebook.com/pages/Northland-Community-Wellness-Day-2013/447386992002864?ref=hl.

For additional information, contact Gina Gould, NCWD Event Coordinator at 218/259.5714

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