

# Sutter Wellness



## UPCOMING EVENTS & ACTIVITIES FEBRUARY 2012

- **SUTTER WELLNESS WALKING CLUB**  
EVERY SATURDAY 8AM - SUTTER BIKE PATH  
SUTTER WELLNESS WANTS YOU TO JOIN THEM FOR A BRISK 1 HOUR WALK ON THE SUTTER BIKE PATH BEGINNING AT ROYO RANCHERO DR. FAMILY FRIENDS AND PETS ARE WELCOME!
- **BLESS YOUR HEART WALK/HEALTH FAIR**  
SATURDAY, FEBRUARY 4<sup>TH</sup> 2011 7AM – 11AM – YUBA-SUTTER MALL  
JOIN US IN CELEBRATION OF NATIONAL HEART MONTH AS WE WALK AROUND THE MALL DRESSED IN OUR “HEARTIEST” OUTFITS. FREE HEALTH SCREENINGS WILL BEGIN AT 7:00AM AND INCLUDE BLOOD PRESSURE, CHOLESTEROL AND BMI.
- **FITNESS CLUB DAY – YUBA CITY RACQUET CLUB**  
SATURDAY, FEBRUARY 11<sup>TH</sup> 12PM -2PM - YUBA CITY RACQUET CLUB 845 JONES RD.  
YUBA CITY RACQUET CLUB TRAINERS WILL BE DEMONSTRATING A MEDLEY OF AEROBIC AND STRENGTH TRAINING EXERCISES USING NON-TRADITIONAL TRAINING TOOLS. LEVELS EASY TO MODERATE. FRIENDS AND FAMILY WELCOME! **SPACE IS LIMITED** – EMAIL [ELANSDON@CO.SUTTER.CA.US](mailto:ELANSDON@CO.SUTTER.CA.US) TO REGISTER.
- **BROWN BAG LUNCH SERIES: CHRONIC STRESS**  
TUESDAY, FEBRUARY 21<sup>RD</sup>, 12:00PM – 1PM - HEALTH DEPT. AUDITORIUM  
THE HEALTH EDUCATION UNIT WILL BE SHOWING A BRIEF VIDEO AND DISCUSSING HOW PROLONGED STRESS CAN TRIGGER BOTH ACUTE AND CHRONIC HEALTH PROBLEMS. THERE WILL BE A STRESS REDUCTION ACTIVITY TO FOLLOW.
- **HIKING CLUB EVENT: FEATHER FALLS**  
SATURDAY, FEBRUARY 25<sup>TH</sup>, 10AM – OROVILLE  
JOIN US FOR THIS MODERATE LEVEL HIKE UP TO THE BEAUTIFUL FEATHER FALLS OF BUTTE COUNTY. THIS HIKE IS FREE TO SUTTER COUNTY EMPLOYEES, FRIENDS AND FAMILY. FOR MORE INFORMATION OR TO REGISTER EMAIL [ELANSDON@CO.SUTTER.CA.US](mailto:ELANSDON@CO.SUTTER.CA.US)
- **BROWN BAG LUNCH SERIES: GARDENING/COMPOSTING**  
THURSDAY, MARCH 22, 2011, 12PM -1PM - HEALTH DEPARTMENT AUDITORIUM  
INTERESTED IN COMPOSTING THIS YEAR? JOIN US FOR OUR ANNUAL SPRING GARDENING BROWN BAG LUNCH PRESENTED BY OUR MASTER GARDENERS OF SUTTER COUNTY.

For more information or to RSVP to any of these events please contact  
Ericka Lansdon at [elansdon@co.sutter.ca.us](mailto:elansdon@co.sutter.ca.us) or call 822-5939.

*\*Sutter Wellness Newsletter is now published quarterly. The next issue will arrive April 2012.*