



**FOR IMMEDIATE RELEASE**

**January 4, 2017**

**3<sup>rd</sup> Annual Mayor's Winter Wellness Week on January 22-28, 2017**

MOUNT VERNON – City of Mount Vernon Mayor Jill Boudreau will hold the 3<sup>rd</sup> annual winter addition to the Mayor's Wellness Challenge – a Winter Wellness Week – on January 22-28, 2017 with FREE daily activities for the entire community.

Activities include restorative yoga, Winter Skies at the Planetarium, a Celtic instrumental quartet, living will workshop, homeopathic acute care class, and the return of the always popular downtown Illuminight Winter Walk!

For event details, visit [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: Mount Vernon Downtown Association, Tri-Dee Arts, Skagit Watershed Council, Friends of Illuminated Wildlife, Mount Vernon School District, Skagit Valley Food Co-op, Celtic Arts Foundation, Riverwalk Yoga Studio, and Hospice of the Northwest for organizing and holding these events the last week in January.

Join Mayor Boudreau in committing to a healthy lifestyle in 2017 and creating a better place to live, work, and play!

For further information, contact:

Mayor's Office  
360-336-6211