

March 27, 2018

FOR IMMEDIATE RELEASE

CONTACT:

Michelle Russell - 218-724-3679

Lauren Turner - 651-399-3410

northlandcwd@gmail.com



**9<sup>th</sup> annual Northland Community Wellness Day is Saturday, April 14,  
at the Essentia Health Duluth Heritage Center; includes 80+ organizations, exhibits and  
presentations, plus free admission and parking**

*Duluth, Minnesota* — The 9<sup>th</sup> annual Northland Community Wellness Day runs from 10:00 a.m. to 2:00 p.m. Saturday, April 14, in a new location this year – the Essentia Health Duluth Heritage Center, at 120 N. 30<sup>th</sup> Ave. W. Admission and parking are free.

Northland Community Wellness Day is committed to providing a free and inclusive community event that highlights local wellness resources and services through interactive exhibits, workshops and family-friendly activities.

More than 80 organizations related to health and wellness, public safety, sustainability or financial literacy are participating. The event also features Dan The Monkeyman performances, a bounce house, Boys & Girls Club onsite tours, games with UMD athletes, and these demonstrations and workshops:

- |                    |   |
|--------------------|---|
| 10:30 – 11:00 a.m. | Managing Pests in the Yard and Garden – <i>Master Gardeners</i>               |
| 11:15 – 11:45 a.m. | Dementia Friendly in the Community – <i>Peter Hafften, Age Well Arrowhead</i> |
| 12:00 – 12:30 p.m. | Working Together to Create a Healthier Duluth – <i>Mayor Emily Larson</i>     |
| 1:30 – 2:00 p.m.   | K9 Demonstration – <i>Duluth Police Department</i>                            |

“Northland Community Wellness Day is an event that brings the whole community together in a fun and collaborative way,” said Lauren Turner, one of the event’s coordinators.

Northland Community Wellness Day is presented by St. Louis County, UMD Health Services and the City of Duluth. This event is made possible by its proud community sponsors: St. Luke’s, Duluth Grill, OMC Smokehouse, Essentia Health, Duluth Heritage Center, Wells Fargo, maurices, Duluth Sign, Stewart Taylor Printing, Zeitgeist Center for Arts & Community, Moms & Dads Today, Minnesota College Savings Plan, Whole Foods Co-op, Holistic Health & Healing, Minnesota Power and the Duluth News Tribune.

For more event details and information, visit [www.northlandcwd.org](http://www.northlandcwd.org).

###