



**NEWS RELEASE**  
FOR IMMEDIATE RELEASE

News from: Fallbrook Regional Health District  
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Re: Fallbrook Healthcare District Celebrates New Name with 1<sup>st</sup> Wellness Walk

On Wednesday, February 1, the Fallbrook Healthcare District celebrated its new name **Fallbrook Regional Health District** with its 1<sup>st</sup> Wellness Walk. The celebration took place at 10:00 a.m. at the Community Center with representatives from Senator Joel Anderson’s office and Assemblywoman Marie Waldron’s office presenting Certificates of Recognition to Gordon Tinker, Board President. Mr. Tinker said “The new name better reflects the communities served by the District (Bonsall, De Luz, Fallbrook and Rainbow) and its Mission of promoting health for the people of the District.”

The 1<sup>st</sup> Wellness Walk was led by Ann Wade, BA, RYT, AFAA of Wade Into Fitness. More than 30 people joined the walk (walking an estimated 195,000 steps) and each received a free pedometer, shopping bag, cookbook and water. Fallbrook Regional Health District will sponsor a walk each month, led by a fitness professional in our community. When questioned by one of the walkers as to why only one walk per month, Executive Director Bobbi Palmer responded “It is our hope that as people gather to walk with us and get to know one another, if they have interest in walking more, they can form their own walking group according to how long, how far, and at what pace they prefer.”

Future walks will be promoted in advance on our website: [www.fallbrookhealth.org](http://www.fallbrookhealth.org), with flyers in the community, through the Chambers of Commerce and notice in the Village News. All walkers are required to sign a waiver. A copy will be available on the website if you choose to download it and sign in advance. It can be submitted during check-in.

Fallbrook Regional Health District is committed to promoting health and wellness in our communities.

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