

Fallbrook Regional HEALTH DISTRICT

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NEWS RELEASE FOR IMMEDIATE RELEASE

News from: Fallbrook Regional Health District
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Re: Health Champion for January 2017 Recognized by Senator Anderson at Woman of Wellness Event

At the March 2nd Woman of Wellness event, Emily Preciado, a representative from Senator Joel Anderson's office presented a certificate of recognition as the January 2017 Health Champion to Sandra Buckingham, E-RYT 200, RYT 500. Sandra is a Registered Yoga Teacher, Certified SilverSneakers Instructor & Continuing Education Provider. She serves on the Fallbrook Regional Health District Advisory Committee and attended the Institute of Local Government with Bobbi Palmer on January 31, 2017 in Riverside. Sandra established and facilitates the Fallbrook Wellness Directory and led the District's Wellness Walk on March 3rd, 2017.