



For Employees:



Redding Rancheria Executives wear golden shoes to encourage “Healthy” awareness

Redding, CA (September 17, 2008): The Redding Rancheria in partnership with Healthy Shasta is participating in the Golden shoe campaign and will start wearing golden shoes on Monday, September 22nd and Monday, September 29th to encourage staff and the community to make healthy eating and physical activity choices where you live, work and play.

“It is important to us at the Redding Rancheria to partner with such organizations such as Healthy Shasta to use their expertise to help create a healthier atmosphere where we can do things like use the stairs, offer fruits and veggies as a snack, and encourage the use of the workout room located in the Tribal Government building.” Tracy Edwards, CEO of the Redding Rancheria.

The following will be wearing the golden shoes: Tracy Edwards, Stacey Carman, Tamra Olson, Mac Hayward, Don Benner, Ron Sisson, and David Christopherson.

The Golden Shoe campaign will culminate with Healthy Shasta' Walk This Way event being held at Turtle Bay event on October 4. This free family event features a fun walk, healthy cooking demos, kids activities, jump rope performance and more!

Sponsors of the Golden Shoes include City of Redding, Curves, Fleet Feet Sports, Mercy Medical Center Redding, Redding Active 20/30 Club, Redding Rancheria, Shasta Family YMCA, Simpson University, Slow Food, and Sunset Market.