

MEDIA RELEASE

July 24, 2023

Know Your Numbers Program Launches at Rasmussen Senior Center in North Bakersfield

Kern County Public Health will launch our free Know Your Numbers program at the Rasmussen Senior Center in Bakersfield on Wednesday, July 26. This traveling program offers two health screenings informing participants of their body mass index, blood pressure, blood glucose, and cholesterol levels both before and after six weeks of nutrition coaching from our Public Health Nutritionist and fitness classes. All fitness levels are welcome as our fitness instructor offers modifications for varied fitness levels and comfort.

The community is invited to join us Wednesday, July 26 between 9:00 AM and 10:00 AM at Rasmussen Senior Center located at 115 E. Roberts Lane, Bakersfield for initial health screenings and event kick-off. Fitness and nutrition classes will be held Wednesdays from 9:00 AM to 10:00 AM from August 2 thru September 6 and are available to the public, even if you didn't attend the initial health screening.

Visit <https://kernpublichealth.com/knowyournumbers/> to learn more about this exciting program.

"It's wonderful that Public Health is bringing this free health and fitness program to the Oildale community. I encourage residents to take advantage of this free opportunity to improve their health and have fun while doing it! Know Your Numbers is a program that has been traveling throughout Kern County for several years and we are excited to welcome them into our North Bakersfield community."

Jeff Flores, 3rd District Supervisor of the Kern County Board of Supervisors

"I am thrilled that North Bakersfield Parks and Recreation has partnered with us as we bring our traveling health and fitness program to the Rasmussen Senior Center! Not only is this an opportunity to provide this free opportunity to our senior population, but to all residents who want to join us in improving their overall health."

Brynn Carrigan, Director of Kern County Public Health

For more information contact Michelle Corson at 661-868-0288 or phpio@kerncounty.com.

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