

MEDIA ADVISORY
GROUNDING IN HEALTH ZUMBA EVENT
Monday, February 6 from 11:30AM to 12:00PM

Contacts:

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- WHAT:** Kern County Public Health and Kern Behavioral Health & Recovery Services invite the community to a FREE Zumba event as we kick off February as Exercise Month in our yearlong Grounded in Health initiative. Public Health Fitness Instructor Condy will lead this cardio and Latin-inspired dance activity!
- WHEN:** Monday, February 6, at 11:30 AM to 12:00 PM
- WHERE:** Kern County Public Health Services, 1800 Mt. Vernon Avenue, Bakersfield, CA
- WHY:** Our community continues to recover from the impacts of the COVID-19 pandemic which took a toll on our physical and mental health. Now is our time to be Grounded in Health and thrive both physically and mentally. Learn more about this initiative by visiting www.kerngroundedinhealth.com

Media Interview opportunities:

Brynn Carrigan, Director of Kern County Public Health Services and Stacy Kuwahara, Director of Kern Behavioral Health & Recovery Services will be available for interviews regarding the physical and mental health benefits of exercise.

Grounded in Health