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Start the New Year on the right foot with a Healthy Shasta Walks Passport

Ashley Harting

~2 minutes

Healthy Shasta is inviting all of Shasta County to embark on a healthier 2023 with their Healthy Shasta Walks Passport.

Anyone who works or lives in Shasta County is eligible to participate, prizes are offered to those who meet the Passport's goals.

Healthy Shasta says that participants who complete 10 of the Passport's Walks will receive a sports bag while supplies last; those who complete all 25 Walks will be entered to win a gift certificate to Fleet Feet for the chance to win a gift certificate for new sneakers.



Healthy Shasta Walks Passport.png

To be eligible for prizes, Healthy Shasta says that Passports must be completed by February 28 and turned in by March 1, to the nearest participating drop-off location listed on the passport or to Healthy Shasta via mail or email.

To receive a Passport, visit Healthy Shasta's [website](#) where you can download the Passport, or you can pick one up in person at Shasta County Libraries.

For more information or questions contact Katryn Eske, Community Education Specist, at (530) 245-6583.

["Walking in nature provides a way to reduce and

manage the stress of daily life. The Walks
Passport makes something we do everyday fun
and provides an opportunity to explore more of our
community." -Healthy Shasta