



**RIDGEFIELD**  
FIRST SATURDAYS

# NEW YEAR NEW YOU

**HEALTH & FITNESS FESTIVAL  
IN DOWNTOWN RIDGEFIELD  
JANUARY 7**



The Vancouver Clinic



# HAVE FUN & GET FIT!

## FIRST SATURDAY EVENT DOWNTOWN

**9AM**

### **Event Kick-Off @ Ridgefield Community Center**

By Tom Sanchez, Chief Operating Officer of *Vancouver Clinic*. Learn about Vancouver Clinic's plans for the City of Ridgefield.

**9AM - 3PM**

### **Health & Fitness Expo @ Ridgefield Community Center**

#### **LARGE ROOM - VENDORS**

(9AM-3PM) Include *Vancouver Clinic*, *Yoga Garden*, *Sage Organics* massage, a chiropractor, horticulture therapy, physical therapist, fitness professionals, skin products, essential oils, aromatherapy & MORE!

**FOOD VENDORS** (9AM-3PM) with a focus on local & organic including *Buckets & Herb N' Roots*.

#### **SMALL ROOM - FITNESS CLASSES & ACTIVITIES**

Join in one or all:

**10:30AM** Free body scans & fitness activities by *Unleashed Fitness NW*

**11AM** "Tweak Yourself Talk" presentation by Shannon Meade - *Supporting Balance*

**11:30AM** Plank challenge by *Tailored Fitness*

**12:30PM** Body wellness & stretching by *Ray-O-Hope*

**1PM** Drum Circle 'Planet Drums' by *Opus School of Music*

**2PM** Zumba

**Prize drawings** throughout the day for those who participate in any health or fitness activity.

#### **10AM @ Davis Park Fun walk/runs for all ages. Begin @ Davis Park**

(Warm-up @ 9:50AM)

An easy 1-mile walk/run along the waterfront & a more challenging 3-mile run through downtown Ridgefield & Abrams Park trails.

**9:50AM** Warm-up for the walk/run. Led by *Tailored Fitness*. Enjoy a **free** healthnut smoothie prepared by *Seasons Coffee Shop*. First 30 runners receive a **free** t-shirt.

#### **ALL DAY**

*Visit local merchants and enjoy outdoor fitness by walking through downtown, biking along the waterfront, hiking a trail at the Ridgefield National Wildlife Refuge or creating a game at one of the four downtown City parks.*



For info about other First Saturday events, visit [www.ci.ridgefield.wa.us](http://www.ci.ridgefield.wa.us)