



Connie Beck, Director  
Social Services | Public Health | Mental Health

## news release

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April 11, 2019

### Bilingual bike and health fair planned in Fortuna

Learn about the benefits of cycling at a free bilingual health and bike fair in Fortuna. "Baile, Bicis y Ser Felices!" or "Dance, Bike and Be Happy!" is scheduled for Sunday, April 14, from 1:30 to 4:30 p.m. at the Firemen's Pavilion in Rohner Park.

The fair will offer children and adults information on helmet safety, basic bike operation, family-friendly cycling routes and other tips that can help make biking fun and safe for the whole family. Attendees will also have access to health screenings, Zumba instruction and a healthy meal. Spanish interpreters will be available at every station.

Jaime Rangel, a bilingual motivational speaker from Southern California, will share how cycling changed his health and life after he was diagnosed with Type 2 diabetes.

Organizers hope this event encourages families to participate in May is Bike Month. Learn more about this monthlong series of bike-themed events at the fair.

"Baile, Bicis y Ser Felices!" is organized by LatinoNet, Redwood Community Action Agency, the McLean Foundation and the Humboldt County Department of Health & Human Services Healthy Communities Division of Public Health. For more information, call Healthy Communities at 707-268-2132.

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