



Humboldt Shifting Gears 2010

walk bike ride

Dear Fellow County Employee,

Welcome to **Shifting Gears**, a 10-week pilot program to help promote **walking, bicycling, busing** and **carpooling** throughout your workday.

Join us for the **Kick-Off** lunch time potluck on Tuesday, May 4th, at the Community Wellness Center (908 7th Street, Eureka). Open the attached **Event Calendars** for May, June, and July to view other exciting group activities and classes.

For a customized kit of **maps, brochures** and **free gifts**:

- Click on this link to complete your Order Form <http://www.surveymonkey.com/s/HumboldtShiftingGears2010>
- Order your kit by April 30th
- Materials will be delivered to your worksite soon after placing your order!
- Contact Michelle Postman with any questions at mpostman@co.humboldt.ca.us or 441-5567

Let's Get To Work Differently!

