

## **GOT MILK TOUR**

**Date:** Saturday, July 11

**Time:** 10 a.m.-6 p.m.

**Location:** Seattle to Portland Bicycle Classic, Centralia College, Walnut Street and Washington Avenue, Centralia

Visitors at the mobile tour center can:

- Experience the “Wellness Oasis” and get tips on how to achieve wellness and balance in their life
- Receive health screenings from a registered dietitian
- Sample lowfat and fat free milk from Darigold
- Enjoy freshly made Soothie Smoothies
- Relax with five-minute chair massages from a licensed massage therapist
- Pose for souvenir Milk Mustache photos