

“Celebrating National Farm to School Month!”



“¡Celebrando el Mes Nacional de la Granja a la Escuela!”

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VENTURA COUNTY
PUBLIC HEALTH
 A Department of Ventura County Health Care Agency

2220 E. Gonzales Road
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For more information visit us online:
<http://www.vhca.org/ph>

National Farm to School Month! October 2024

October is “**National Farm to School Month**” which celebrates the connections between children and local farms. This campaign promotes healthy eating, community education, and involvement with our local agricultural community. Both adults and children can participate by coming together through various activities that aim to improve the quality and access of foods from our farms to our tables!

Here are a few ideas that inspire us to bring awareness, eat mindfully, and recognize our local farm and school community:



Visit a Local Farm: Plan a field trip to take children to a local farm! They will learn where food comes from and how food is grown. Invite a farmer to visit with your students and share their experience. Identify the many types of vegetables that can be grown throughout the seasons. Volunteer to harvest foods at a nearby farm. When children participate in growing their foods, they are more likely to eat them.

Grow a Garden: Starting a school garden is a great opportunity for children to understand the importance of good nutrition. Teachers can educate how eating whole foods fuels our bodies to grow strong. This will help children build lifelong healthy eating habits that support their growth, development, and overall wellness.

Taste Test: School cafeterias can hold a taste test using ingredients from their very own school garden or from a local grower. Allow students the opportunity to taste flavorful recipes, identify ingredients, and discover new fruits and vegetables. Cafeteria staff can use garden grown foods to create diverse menus for students to enjoy.



Choose Farmer’s Markets: As a parent, by choosing food from your local farmers markets, you are selecting some of the freshest produce available for your family. In addition, you support local businesses and boost local production which can lead to lowering the cost of foods and saving you money.

In Ventura County, we are so lucky to live in a thriving agricultural community where we have access to delicious and fresh whole foods. This October, as we celebrate “National Farm to School Month,” let’s acknowledge our local farmworkers, the growers, our schools, and the Ventura County programs, that lead the way and empower us to make this important connection from our farms to our schools and to our tables!

For a list of your local Farmer’s Markets, visit:

<https://www.ventura.org/agricultural-commissioner/farmers-market/>

For resources on “National Farm to School Month,” visit:

<https://www.farmtoschool.org/our-work/farm-to-school-month> and <https://www.fns.usda.gov/f2s/im-new-farm-school>

For more information, including free health screenings, classes, and community activities, visit:

<https://vchca.org/public-health/cdpp/>

**¡Celebrando el Mes Nacional de la Granja a la Escuela!
October 2024**

Octubre es el “**Mes Nacional de la Granja a la Escuela,**” que celebra las conexiones entre los niños y las granjas locales. Esta campaña promueve la alimentación saludable, la educación comunitaria y la participación de nuestra comunidad agrícola local. ¡Tanto adultos como niños pueden participar uniéndose a través de diversas actividades que tienen como objetivo mejorar la calidad y el acceso a los alimentos de nuestras granjas a nuestras mesas!

Aquí hay algunas ideas que nos inspiran a crear conciencia, comer conscientemente y reconocer a nuestra comunidad agrícola y escolar local:



Visite una granja local: ¡Planifique una excursión para llevar a los niños a una granja local! Aprenderán de dónde vienen los alimentos y cómo se cultivan. Invite a un agricultor a visitar a sus estudiantes y compartir su experiencia. Identifique los muchos tipos de verduras que se pueden cultivar a lo largo de las estaciones. Participar como voluntario para cosechar alimentos en una granja cercana. Cuando los niños participan en el cultivo de sus alimentos, es más probable que los coman.

Cultivar un huerto: Comenzar un huerto escolar es una gran oportunidad para que los niños entiendan la importancia de una buena nutrición. Los maestros pueden educar sobre cómo comer alimentos integrales alimenta nuestros cuerpos para que crezcan fuertes. Esto ayudará a los niños a desarrollar hábitos alimenticios saludables para toda la vida que apoyarán su crecimiento, desarrollo y bienestar general.



Prueba de sabor: Las cafeterías escolares pueden realizar una prueba de alimentos con ingredientes de su propio huerto escolar o de un agricultor local. Permita a los estudiantes la oportunidad de probar recetas sabrosas, identificar ingredientes y descubrir nuevas frutas y verduras. El personal de la cafetería puede usar alimentos cultivados en la huerta para crear menús diversos para que los estudiantes disfruten.



Elija mercados de agricultores: Como padre, al elegir alimentos de los mercados de agricultores locales, está seleccionando algunos de los productos más frescos disponibles para su familia. Además, esto apoya a las empresas locales e impulsa la producción local, lo que puede reducir el costo de los alimentos y ahorrarle dinero.

En el condado de Ventura, somos muy afortunados de vivir en una próspera comunidad agrícola donde tenemos acceso a alimentos integrales deliciosos y frescos. Este octubre, mientras celebramos el “Mes Nacional de la Granja a la Escuela,” reconozcamos a nuestros trabajadores agrícolas locales, los productores, nuestras escuelas y los programas del Condado de Ventura, que lideran el camino y nos empoderan para hacer esta importante conexión de nuestras granjas a nuestras escuelas y a nuestras mesas.

Para obtener una lista de los mercados de agricultores locales, visite:
<https://www.ventura.org/agricultural-commissioner/farmers-market/>

Para obtener recursos sobre el “Mes Nacional de la Granja a la Escuela,” visite:
<https://www.farmtoschool.org/our-work/farm-to-school-month> y <https://www.fns.usda.gov/f2s/im-new-farm-school>

Para obtener más información, incluidos exámenes de salud, clases y actividades comunitarias gratuitas, visite:
<https://vchca.org/public-health/cdpp/>



Diabetes Prevention Program

Nationally recognized to prevent or delay the onset of Diabetes Type 2.



- **FREE classes starting soon**
- **Classes are in-person and over the phone**
- **Multiple locations throughout Ventura County**
- **Call to register now!**

For more information call (805) 765-7463

1 of 3 adults are at risk for developing Diabetes Type 2.

Start your journey towards a healthier lifestyle!

Program Topics Include:

- diabetes education
- nutrition education
- healthy eating
- physical activity
- weight loss
- stress management
- setting SMART goals
- tracking your health



Scan the QR code to show your interest.
One of our friendly instructors
will call you with more information.



PREVENGA EL T2

Un programa para prevenir el tipo 2 de la diabetes

Programa de Prevención de la Diabetes

Reconocido nacionalmente en prevenir o retrasar el desarrollo de la Diabetes Tipo 2.



- Clases GRATUITAS comienzan pronto
- Clases son en persona y por teléfono
- Múltiples ubicaciones en el Condado de Ventura
- ¡Llame para registrarse!

Para más información, llame al (805) 765-7463

1 de 3 adultos esta a riesgo de desarrollar la Diabetes Tipo 2.

Inicie su camino hacia un nuevo estilo de vida más saludable.

Temas del programa incluyen:

- educación de la diabetes
- educación de nutrición
- alimentación saludable
- actividad física
- perdida de peso
- manejo de estrés
- estableciendo metas
- seguimiento de su salud



Prevent T2
Prevenga el T2



Diabetes Prevention Program participants engage in role play activities to practice how to effectively communicate with family, friends, and coworkers to best support their new healthy habits.

Class Series:

Date	Days	Language	City	Location	Hours
Ongoing	Mondays	Spanish	Oxnard	Wilson Senior Center* 350 N. C Street	10:30 - 11:30 AM
10/8 & 10/22	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:00-11:00 AM
Ongoing	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	1:00- 2:00 PM
Ongoing	Saturdays	English	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	9:30- 10:30 AM
Ongoing	Saturdays	Spanish	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	11:00 AM-12:00 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

*Not accepting new participants. Call to register for new workshops in your area.

*No acepta nuevos participantes. Llame para registrarse a los talleres nuevos en su area.

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Chronic Disease Prevention Program conducts health screenings at Vons Supermarket in Santa Paula.

Screenings:

Date	City	Location	Hours
10/3 Thursday	Oxnard	Downtown Oxnard Farmer's Market 519 S. C Street	9:00 AM - 1:00 PM
10/4 Friday	Santa Paula	Rodney Fernandez Gardens Apartments 212 W Santa Barbara St	8:00-10:00 AM
10/4 Friday	Ventura	Red Barn Market 955 N. Ventura Avenue	1:00- 3:00 PM
10/16 Wednesday	Port Hueneme	Vineyard Church 415 Pearson Road	1:00 - 4:00 PM
10/17 Thursday	Fillmore	Super A Foods 725 Ventura Street	2:00 - 4:00 PM
10/24 Thursday	Santa Paula	Vons 576 W. Main Street	2:00 - 4:00 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Relaxation and Pain Management

Relajación y manejo de dolor



Participants from Fillmore Active Adult Center practicing in Seated Tai Chi.

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
10/7-12/23	Mondays	Seated	Oxnard	Wilson Senior Center 350 N. C Street	9:30 - 10:00 AM
10/7-12/23	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
10/3-12/19	Thursdays	Seated	Oxnard	Colonia Senior Center 197 N. Marquita Street	9:30- 10:00 AM
10/3-12/19	Thursdays	Seated	Oxnard	Palm Vista Senior Center 801 S. C Sreet	10:30- 11:00 AM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Exercising in a group is fun!
¡El ejercicio en grupo es divertido!



Participants at Nyeland Community Center in Oxnard stay active with Zumba®.

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
Ongoing	Wednesdays and Thursdays <i>Except 1st Wednesday</i>	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
Ongoing	Saturdays	Zumba®	Oxnard	Nyeland Acres Community Center 3334 Santa Clara Avenue	9:00- 10:00 AM

Open to the public. Lead by licensed instructor Maria L Peña & Esther Cárcamo.
 To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Abierto al público. Dirigido por una instructora con licencia Maria L Peña & Esther Cárcamo
 Para aprender más sobre como participar o hospedar una actividad para su comunidad, llame a (805) 981-6645.

Promoting Health & Wellbeing

Promoción de la salud y el bienestar

Back to School Night
Rose Avenue Elementary
School in Oxnard.



Events:

Date	Activity	Time	Location	Contact Information
10/12 Saturday	La Colonia Community 5K Walk Wellness & Resource Fair	7:30 AM- 1:00 PM	Del Sol Park 1800 Camino Del Sol Oxnard, CA 93030	Jose Ortega (805) 981-6659
open to the public			abierto al público	

Community Events

Adult Education Workshops

Talleres de educación para adultos

Live a Healthy Lifestyle

Vive un estilo de vida saludable

Healthy Recipe
tasting for the parents of
Green Valley Catalyst
Kids in Oxnard.



Workshops:

Date	Activity	Time	Location	Contact Information
10/18 Friday	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	10:00- 11:00 AM	Oxnard College* 4000 S Rose Ave, Oxnard, CA 93033	Jose Ortega (805) 981-6659
* Not open to the public			*No abierto al público	

Adult Education Workshops

Live a Healthy Lifestyle

Vive un estilo de vida saludable



CATCH Activity games at Art Haycox Elementary School and Rio Real School in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
10/2 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:45-4:30 PM	Juan Lagunas Soria Elementary School* 3101 Dunkrik Dr, Oxnard,CA 93035	Jose Ortega (805) 981-6659
10/9 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	TBD	Thurgood Marshall Elementary School* 2900 Thurgod Marshall Dr. Oxnard, CA 93036	Jose Ortega (805) 981-6659
10/15 Tuesday	CATCH Train the Trainer	1:30- 2:00 PM	Rio Plaza Elementary School* 600 Simon Way, Oxnard, CA 93036	Jose Ortega (805) 981-6659
10/16 Wednesday	CATCH Phycial Activity Games	1:00- 2:00 PM	Art Haycox Elementary School* 5400 Perkins Rd, Oxnard, CA 93030	Jose Ortega (805) 981-6659
10/16 Wednesday	Eating and Activity Tool for Students Pre-Surveys	3:00- 3:30 PM	Ansgar Larsen Elementary School* 550 Thomas Ave, Oxnard, CA 93033	Jose Ortega (805) 981-6659
10/16 Wednesday	Eating and Activity Tool for Students Pre-Surveys	3:00- 3:30 PM	Fred L. Williams Elementary* 4300 Anchorage St. Oxnard, CA 93033	Eduardo Mora (805) 981-6628

* Not open to the public

*No abierto al público

Live a Healthy Lifestyle

Vive un estilo de vida saludable



CATCH Activity Game at Rio Plaza Elementary School in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
10/17 Thursday	Eating and Activity Tool for Students Pre-Surveys	3:00-3:30 PM	Elm Elementary School* 450 E Elm St, Oxnard, CA 93033	Fernando Gaytan (805) 981-6627
10/18 Friday	Go Kids Club!: Healthy Snacking and Physical Activiy	TBD	Rose Avenue Elementary School* 220 S Driskill St, Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
10/29 Tuesday	Nourish Food + Community	11:45 AM-12:15 PM	Fronteir High School* 545 Airport Way Camarillo, CA 93010	Betsy Saltman (805) 981-6635
10/30 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	TBD	Ramona Elementary School* 804 Copper Rd, Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

* Not open to the public

*No abierto al público

Garden-Based Education

Educación de Jardín



Tom the Tomato workshop at Green Valley Catalyst Klds in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
10/3 Thursday	Tom the Tomato Garden Education Workshop	9:30-10:30 AM	Mexican American Opportunity Foundation (MAOF) Early Learning Center* 1111 E. Santa Paula St. Santa Paula, CA 93060	Fernando Gaytan (805) 981-6627

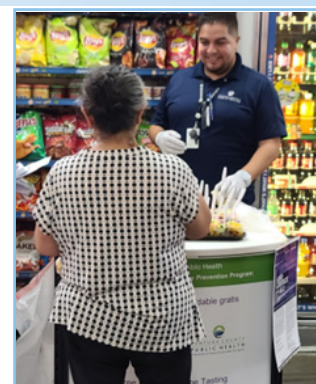
Healthy Retail

Healthy Eating

Healthy Retail Program

Programa de venta saludable

Partnering with local retail markets to promote "locally grown produce!"



Healthy Recipe Tasting at 4-Way Meat Market in Oxnard

Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
10/24 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	Red Barn Market 955 N Ventura Ave. Ventura, CA 93001	Fernando Gaytan (805) 981-6627

Changes may occur without prior notice.

Cambios pueden suceder sin previo aviso.

Refresh Better & Rethink Your Drink!

Healthy recipe made with fresh fruits and vegetables.

Makes 6 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 2 persimmons, sliced
- 2 cinnamon sticks, whole



Preparation:

1. Fill pitcher halfway with ice.
2. Add sliced persimmons and cinnamon sticks.
3. Fill with water. Chill for at least 30 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



¡Refréscate mejor y Piensa bien lo que tomas!

Receta saludable de agua con sabor a frutas y verduras.

Rinde 6 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

Ingredientes:

- 2 pérsimos
- 2 palitos de canela



Preparación:

1. Llene media jarra con hielo.
2. Agregue los pérsimos pelados y cortados de canela.
3. Llene con agua. Deje enfriar por lo menos 30 minutos antes de servir.
4. Guarde en el refrigerador y tome dentro de 24 horas.





<https://recipes.heart.org/en/recipes/spicy-pumpkin-burritos>

Makes 8 servings
Serving size: 1 burrito

Nutrition information per serving:

Calories: 259	Fiber: 9 g
Total fat: 3.0 g	Sodium: 366 mg
Saturated fat: 0.0 g	Protein: 10 g
Carbohydrates: 49 g	

INGREDIENTS

- 1 teaspoon olive oil (extra virgin preferred)
- 1/2 cup frozen whole-kernel corn
- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 1 15-ounce can solid-pack pumpkin (not pie filling)
- 1 cup cooked brown rice, cooked without salt and margarine
- 1/4 cup water
- 1 teaspoon ground cumin
- 1 teaspoon chile powder (made with ancho chiles preferred)
- 1/2 teaspoon dried oregano, crumbled
- 1/4 teaspoon cayenne
- 8 8-inch whole-grain tortillas (lowest sodium available)
- 1/2 cup sliced green onions
- 1/2 cup fat-free sour cream
- 1/2 cup shredded lettuce, such as romaine or spinach
- 1/2 cup chopped tomato

DIRECTIONS

Before you begin: Wash your hands.

- 1) In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the corn for 4 to 5 minutes, or until slightly browned, stirring occasionally.
- 2) Stir in the beans, pumpkin, rice, water, cumin, chile powder, oregano, and cayenne. Bring to a simmer. Reduce the heat and simmer for 4 to 5 minutes, or until heated through.
- 3) Warm the tortillas using the package directions.
- 4) Spoon the filling down the center of each tortilla. Sprinkle the green onions over the filling. For each burrito, fold two sides of the tortilla toward the center. Starting from the unfolded side closest to you, roll the burrito toward the remaining unfolded side to enclose the filling. Transfer with the seam side down to plates. Top with the sour cream. Sprinkle with the lettuce and tomato.



<https://recipes.heart.org/en/recipes/spicy-pumpkin-burritos>

INGREDIENTES

- 1 cucharadita de aceite de oliva (preferiblemente virgen extra)
- 1/2 taza de maíz entero congelado
- 1 lata de 15.5 onzas de frijoles negros sin sal, enjuagados y escurridos
- 1 lata de 15 onzas de calabaza en envase sólido (no relleno de tarta)
- 1 taza de arroz integral cocido sin sal ni margarina
- 1/4 de taza de agua
- 1 cucharadita de comino molido
- 1 cucharadita de chile en polvo (preferiblemente hecho con chiles anchos)
- 1/2 cucharadita de orégano seco desmenuzado
- 1/4 cucharadita de cayena
- 8 tortillas integrales de 8 pulgadas (las más bajas en sodio disponibles)
- 1/2 taza de cebollas verdes en rodajas
- 1/2 taza de crema agria sin grasa
- 1/2 taza de lechuga rallada, como romana o espinaca
- 1/2 taza de tomate picado

Rinde 8 porciones

Tamaño de la porción: 1 Burrito

Información nutricional por porción:

Calorías: 259

Fibra: 9 g

Grasa Total: 3.0 g

Sodio: 366 mg

Grasa Saturada: 0.0 g

Proteína: 10 g

Carbohidratos: 49 g

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) En una cacerola mediana, calentar el aceite a fuego medio, removiendo para cubrir el fondo. Cocina el maíz de 4 a 5 minutos, o hasta que esté ligeramente dorado, removiendo de vez en cuando.
- 2) Añada las judías, la calabaza, el arroz, el agua, el comino, el chile en polvo, el orégano y la cayena. Deje que hierva a fuego lento. Reduzca el fuego y deje cocer de 4 a 5 minutos, o hasta que esté bien caliente.
- 3) Calentar las tortillas siguiendo las instrucciones del paquete.
- 4) Colocar el relleno en el centro de cada tortilla. Espolvoree las cebollas verdes sobre el relleno. Para cada burrito, doble dos lados de la tortilla hacia el centro. Empezando por el lado sin doblar más cercano a usted, enrolle el burrito hacia el lado sin doblar restante para encerrar el relleno. Colóquelo con la costura hacia abajo en los platos. Cubra con la crema agria. Espolvoree con la lechuga y el tomate.

October/Octubre 2024



LIVE WELL
Ventura County
Healthy Eating • Active Living

The **Partnership for a Healthy Ventura County** is a coalition that includes a wide range of community organizations and individuals, including businesses, schools, non-profits, local government and networks seeking to improve the health of Ventura County residents, policies, and community endeavors. We share the vision that Ventura County will be the national model for healthy eating, active living, and community wellbeing. We promote community and personal changes that lead to healthy eating and regular exercise to reduce obesity and related chronic diseases.

Our next quarterly meeting is scheduled to take place in person on Thursday, December 12, 2024, at 9:00am

Hosted at Ventura County Public Health
2220 E. Gonzales Rd. Suite 200 B
EMS Conference Room (2nd Floor)
Oxnard, CA 93036

For more information, please contact:

Eddie Munizich at (805) 981-6650

or at Eddie.Munizich@ventura.org

website: <http://livewellvc.org/>

HARVEST OF THE MONTH

Black Bean and Sweet Potato Quesadillas



<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-and-sweet-potato-quesadillas>

Makes: 4 Servings

Ingredients:

- 2 sprays of nonstick cooking spray
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 medium sweet potato, cooked and cut into pieces
- 1 cup black beans, canned low-sodium
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large jalapeno pepper
- 8 whole wheat tortillas
- 1/2 cup baby spinach
- 1/4 cup cheddar cheese, reduced-fat
- sour cream, low-fat (2 Tablespoons optional or reduced fat plain yogurt)

Directions:

Before you begin: Wash your hands.

1. Sauté onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
2. Add sweet potatoes, black beans, garlic, onions, spices, and jalapeno.
3. Heat until just warm.
4. Spread potato mixture over tortilla, then top with baby spinach and cheese.
5. Top with second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla about one minute on each side until the inside is warm and the cheese is melted.

Nutrition Per Serving: Calories 291, Total Fat 3g
(1 g Saturated Fat), Protein 13 g, Carbohydrates 57 g,
Dietary Fiber 10 g, Sodium 476 mg

THE 5K WALK IS BACK!

12th
ANNUAL

LA COLONIA COMMUNITY 5K WALK

WELLNESS & RESOURCE FAIR

Saturday, October 12, 2024

AGENDA FOR THE DAY:



7:30 a.m. - 9 a.m.

Walk registration



8:15 a.m.

Zumba® warm-up



9:00 a.m.

Welcoming & ribbon cutting



9:15 a.m.

5K walk begins



10 a.m. - 1 p.m.

Wellness & resource fair

ACTIVITIES FOR THE FAMILY:



- Police Mounting Unit
- Cucumber Whole Grain Wrap Tasting
- Tangerine Cucumber Water Tasting
- Fire Engine



- Face Painting
- Family Zumba
- Children's Mobile Activity Center and Train Station
- Free Health Screenings
- Mariachi Inlakech
- And Much More



- Music, Art, and Garden Activities
- Prize Drawings and Giveaways

EVENT DETAILS:



October 12, 2024



7:30 a.m. - 1:00 p.m.



Del Sol Park

1800 Camino del Sol Rd
Oxnard, CA 93030

MORE INFORMATION:

Call or Text
(805) 767-0648

CELEBRATING HEALTHY COMMUNITIES!



Our Town.
Our Children.
A Social Awareness Art Project



Caminata Comunitaria de 5km en La Colonia

FERIA DE BIENESTAR Y RECURSOS

Sábado, 12 de octubre del 2024

AGENDA DEL DÍA:



7:30 a.m. - 9 a.m.
 Registración para la caminata



8:15 a.m.
 Calentamiento de Zumba®



9:00 a.m.
 Bienvenida y corte de listón



9:15 a.m.
 Comienza la caminata de 5km



10 a.m. - 1 p.m.
 Feria de bienestar y recursos

ACTIVIDADES PARA LA FAMILIA:



- Montaje de la unidad de policía
- Prueba de tortilla de trigo integral con pepino
- Agua infusionada de mandarina y pepino

- Pinta caritas
- Zumba® para la familia
- Centro de actividades móvil para niños y el trenecito
- Exámenes de salud gratuitos
- Camión de bomberos
- Mariachi Inlakech
- Y mucho más

- Música, arte y actividades de jardín
- Sorteos de premios y regalos



DETALLES DEL EVENTO:



12 de octubre del 2024



7:30 a.m. - 1:00 p.m.



Parque Del Sol
 1800 Camino del Sol Rd
 Oxnard, CA 93030

MÁS INFORMACIÓN

Llame o envíe un mensaje de texto
(805) 767-0648



Chronic Disease Prevention Program (CDPP)

publishes this monthly Events Calendar to encourage healthy active living through physical activity and healthy eating in all communities of Ventura County. Educational opportunities are free of cost and available to residents, families and communities who are ready to lead healthier lives.

For more information, please contact:

Eddie Munizich Eddie.Munizich@ventura.org

Get Fit! Zumba® Classes

Community physical activity classes

Walking Clubs

Assistance with forming a walking club in the community

Evidence-Based Educational Workshops

CDC's National Diabetes Prevention Program (DPP) T2 for people with prediabetes

The program runs for 1 year. During the first 6 months of the program, you will meet once a week. During the second 6 months, you'll meet once or twice a month.

Tomando Control de Su Salud

- Un programa de 6 semanas

Chronic Disease Self-Management Program

- 6 week program

Diabetes Self-Management

- 6 week program

Manejo Personal de Su Diabetes Tipo 2

- Un programa de 6 semanas

For more information, please contact:

Jazmyn Jasso Jazmyn.Jasso@ventura.org

CalFresh Healthy Living (CFHL) Program provides nutrition education classes, train-the-trainer nutrition workshops, and cooking and physical activity demonstrations to promote informed food choices and healthier lifestyles.

Rethink Your Drink

Urges everyone to choose refreshing water to quench their thirst instead of sugary drinks. The goal of the initiative is to reach all residents and organizations in Ventura County to increase the consumption of and access to healthy beverages.

Community & School Garden Support

Offers support and education to families and educators growing their own vegetables and fruits at their local community gardens and schools.

For more information, please contact:

Jose Ortega Jose.Ortega@ventura.org



CalFresh Healthy Living program celebrates National Farm to School Month with pumpkin donations to local partnering schools.