

Chronic Disease Prevention Programs

Nutrition, Physical Activity & Healthy Living

Celebrating Health Through the Holidays!



heart.org

¡Celebremos la salud durante las fiestas!

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

2220 E. Gonzales Road  
Oxnard, CA 93036  
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For more information visit us online:  
<http://www.vhca.org/ph>

## Healthy Eating and the Holidays

This December prance into the winter spirit and create beautiful memories celebrating with family and friends. And, when it comes to holiday gatherings, festive meals, and seasonal desserts, it's a always good practice to make a list and check it twice before going shopping. This can help us purchase the right amount and types of foods and also keep in mind flavor and good nutrition. Here are a few tips for this holiday season to help us enjoy holiday meals in a way that both celebrates and promotes good health:



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**Make a list** of specific foods and ingredients to keep your focus on the right items when you go shopping to prevent over buying unnecessary foods.

**Make smart selections** and make sure at least half of your plate includes lots of non-starchy vegetables and leafy greens.

**Try new recipes!** Offer to bring a healthy dish to share at your holiday parties so you can have some healthy options too.

**Eating at your regular times** will prevent spikes in your blood sugar. Practice eating smaller portions and meals during holiday dinners. Try a good variety of foods!

**Don't skip meals** if you know you will be going to a holiday party. This could cause you to arrive very hungry and may lead to overeating.

**Eat slowly** so your body has a chance to realize when it has had enough. It takes at least 20 minutes for your brain to recognize it's full.

**Sweet treats should be selected carefully.** Don't fit them all in one sitting! If you can't decide on just one, consider taking some to go and eating at a later time.



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**Avoid or limit alcohol** since these holiday drinks tend to have a lot of sugar. You do not want to drink your calories. Water is best! Try flavoring your water with fruit and fresh herbs.

can help us burn off a few of those extra calories during the holidays. Exercise is also great to manage stress and reduce anxiety during the holidays.

**Have fun!** The holidays are so much more than just food. Playing games, friendly competitions, doing crafts, and singing or playing music are great ways to involve everyone, burn calories, and have everlasting memories.

We encourage you to try some of these strategies and tips as you navigate the holiday season, especially the important food festivities and gatherings that are always a big part of the celebration during this time of year.

Explore more resources and helpful tips at:

<https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>

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

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

## Alimentación saludable y las fiestas

Este mes de diciembre, suméjase en el espíritu invernal y cree hermosos recuerdos celebrando con familiares y amigos. Cuando se trata de reuniones navideñas, comidas festivas y postres de temporada, siempre es una buena práctica hacer una lista y revisarla dos veces antes de ir de compras. Esto puede ayudarnos a comprar la cantidad y los tipos de alimentos adecuados y también a tener en cuenta el sabor y la buena nutrición. A continuación, ofrecemos algunos consejos para esta temporada navideña que nos ayudarán a disfrutar de las comidas navideñas de una manera que celebre y promueva la buena salud:



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**Haga una lista de alimentos** e ingredientes específicos para concentrarse en los artículos correctos cuando vaya de compras y evitar comprar en exceso alimentos innecesarios.

**Haga selecciones inteligentes** y asegúrese de que al menos la mitad de su plato incluya muchas verduras sin almidón y hojas verdes.

**¡Pruebe nuevas recetas!** Ofrezca llevar un plato saludable para compartir en sus fiestas navideñas para que usted también pueda tener algunas opciones saludables.

**Comer en horarios regulares** evitará picos de azúcar en sangre. Coma porciones y comidas más pequeñas durante las cenas de las fiestas. ¡Pruebe una buena variedad de alimentos!

**No se salte comidas** si sabe que va a asistir a una fiesta de fin de año. Esto podría provocar que llegue con mucha hambre y que coma en exceso.

**Coma despacio** para que su cuerpo tenga la oportunidad de darse cuenta de que ya ha comido suficiente. Su cerebro tarda al menos 20 minutos en reconocer que está lleno.

**Los dulces deben seleccionarse con cuidado.** ¡No los coma todos de una sola vez! Si no puede decidirse por uno solo, considere llevar algunos para llevar y comerlos más tarde.



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**Evite o limite el consumo de alcohol**, ya que estas bebidas navideñas suelen tener mucha azúcar. No conviene beber calorías. ¡El agua es lo mejor! Pruebe a darle sabor a su agua con frutas y hierbas frescas.

**Mantenernos activos** puede ayudarnos a quemar algunas de esas calorías adicionales durante las vacaciones. El ejercicio también es excelente para controlar el estrés y reducir la ansiedad durante las vacaciones.

**¡Diviértase!** Las fiestas son mucho más que solo comida. Jugar, competir amistosamente, hacer manualidades y cantar o tocar música son excelentes maneras de involucrar a todos, quemar calorías y tener recuerdos inolvidables.

Le animamos a probar algunas de estas estrategias y consejos a medida que atraviesa la temporada navideña, especialmente las importantes festividades y reuniones gastronómicas que siempre son una gran parte de la celebración durante esta época del año.

Explore más recursos y consejos útiles en :

<https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>

Para obtener más información, incluidos exámenes de salud gratuitos, clases y actividades comunitarias, 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





# 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 add exercise movements to their favorite table game.

**Class Series:**

Date	Days	Language	City	Location	Hours
12/2 & 12/16	Mondays	Spanish	Oxnard	<b>Wilson Senior Center*</b> 350 N. C Street	10:30 - 11:30 AM
12/3 & 12/17	Tuesdays	English	Simi Valley	<b>Simi Valley Senior Center*</b> 3900 Avenida Simi	10:30-11:30 AM
12/3 & 12/17	Tuesdays	English	Simi Valley	<b>Simi Valley Senior Center*</b> 3900 Avenida Simi	1:00- 2:00 PM
12/7	Saturdays	English	Oxnard	<b>Ventura County Public Health*</b> 2240 E. Gonzales Road	9:30- 10:30 AM
12/7	Saturdays	Spanish	Oxnard	<b>Ventura County Public Health*</b> 2240 E. Gonzales Road	11:00 AM-12:00 PM

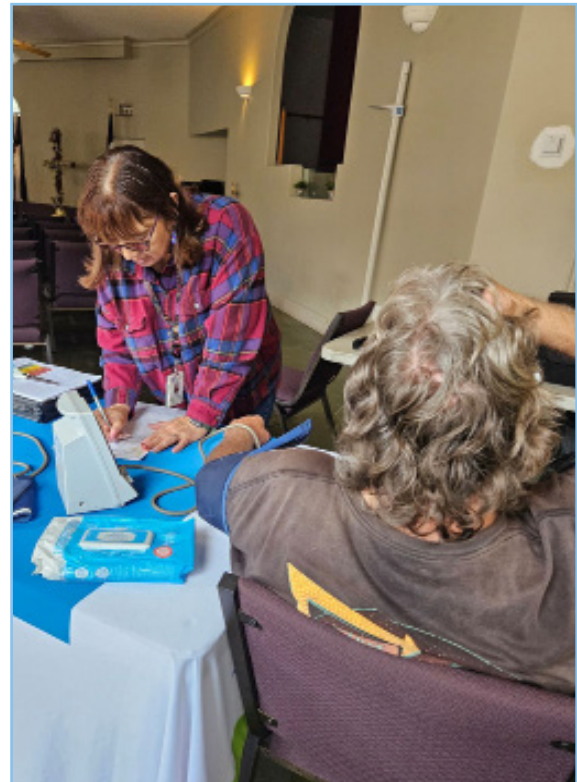
To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

\*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*



Health screenings at Channel Islands Vineyard Church in Port Hueneme.

#### Screenings:

Date	City	Location	Hours
12/5 Thursday	Oxnard	<b>Downtown Oxnard Farmer's Market</b> 519 S. C Street	9:00 AM - 1:00 PM
12/11 Wednesday	Santa Paula	<b>Santa Paula Senior Center</b> 530 W Main St	11:00 AM - 1:00 PM
12/13 Friday	Ventura	<b>Red Barn Market</b> 955 N. Ventura Avenue	1:00 - 3:00 PM
12/18 Wednesday	Fillmore	<b>Fillmore Active Adult Center</b> 553 Santa Clara Street	9:00 AM - 11:00 AM
12/18 Wednesday	Ventura	<b>Westpark Community Center</b> 450 W Harrison Avenue	1:30 - 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 Palm Vista Senior Center practicing Seated Tai Chi.

### ***Seated Tai Chi***

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
12/2-12/16	Mondays	Seated	Oxnard	<b>Wilson Senior Center</b> 350 N. C Street	10:00 - 10:30 AM
12/2-12/9	Mondays	Seated	Fillmore	<b>Fillmore Active Adult Center</b> 553 Santa Clara Street	1:00 - 1:30 PM
12/5-12/12	Thursdays	Seated	Oxnard	<b>Colonia Senior Center</b> 197 N. Marquita Street	9:30- 10:00 AM
12/5-12/12	Thursdays	Seated	Oxnard	<b>Palm Vista Senior Center</b> 801 S. C Street	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!*



Join the fun and be part of our Zumba® family at Nyeland Acres Community Center!

**GET FIT! Classes**

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
12/5-12/12	Wednesdays and Thursdays <i>Except 1st Wednesday</i>	Zumba®	Ventura	<b>Bell Arts Factory</b> 432 N Ventura Avenue	6:00 - 7:00 PM
12/14	Saturdays	Zumba®	Oxnard	<b>Nyeland Acres Community Center</b> 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.

### Live a Healthy Lifestyle

*Vive un estilo de vida saludable*



Nutrition Workshop at Turning Point in Oxnard.

#### Workshops:

Date	Activity	Time	Location	Contact Information
12/4 Wednesday	<b>Enjoy Healthy Foods that Taste Great</b> <i>Nutrition and Physical Activity</i>	6:00-7:00 PM	<b>Ventura College*</b> 4667 Telegraph Rd. Ventura, CA 93003	Jose Ortega (805) 981-6659
12/5 Thursday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	8:15-9:00 AM	<b>Kamala Elementary School*</b> 634 W Kamala St. Oxnard, CA 93033	Eduardo Mora (805) 981-6628
12/9 Monday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	5:00- 6:00 PM	<b>Fillmore Middle School*</b> 543 A St. Fillmore, CA 93015	Betsy Saltman (805) 981-6635
12/10 Tuesday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	6:00- 7:00 PM	<b>Oxnard Adult School*</b> 1800 Solar Dr. Oxnard, CA 93030	Fernando Gaytan (805) 981-6627
12/17 Tuesday	<b>Making Healthy Eating Part of Your Lifestyle</b> <i>Nutrition and Physical Activity</i>	9:00-10:00 AM	<b>Oxnard Adult School*</b> 1800 Solar Dr. Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

\* Not open to the public / \*No abierto al público

### Live a Healthy Lifestyle

*Vive un estilo de vida saludable*



CATCH Physical Activity Games at Art Haycox Elementary School.

#### Class Series:

Youth Education Class Series

Location	Class 1	Class 2	Class 3	Contact Information
<b>Elm Elementary School*</b> 450 E Elm St, Oxnard, CA 93033	<i>Lesson 1:</i> 11/5	<i>Lesson 2:</i> 11/12	<i>Lesson 3:</i> 12/3	Jose Ortega (805) 981-6659
<b>Ansgar Larsen Elementary School*</b> 550 Thomas Ave, Oxnard, CA 93033	<i>Lesson 1:</i> 11/6	<i>Lesson 2:</i> 12/18	<i>Lesson 3:</i> 1/15	Jose Ortega (805) 981-6659
<b>Fred L. Williams Elementary School*</b> 4300 Anchorage St, Oxnard, CA 93033	<i>Lesson 1:</i> 11/6	<i>Lesson 2:</i> 11/20	<i>Lesson 3:</i> 12/11	Jose Ortega (805) 981-6659
Changes may occur without prior notice			Cambios pueden suceder sin previo aviso	
* Not open to the public / *No abierto al público				

#### Workshops:

Youth Education Workshops

Date	Activity	Time	Location	Contact Information
<i>12/4</i> <i>Wednesday</i>	Go Kids Club® : Healthy Snacking and Physical Activity	3:15- 3:45 PM 3:45- 4:30 PM	<b>Ritchen Elementary School*</b> 2200 Cabrillo Way Oxnard, CA 93030	Jose Ortega (805) 981-6659
<i>12/10</i> <i>Tuesday</i>	CATCH Physical Activity Games	4:00-5:00pm	<b>Rio Lindo Elementary School*</b> 2131 Snow Ave. Oxnard, CA 93036	Jose Ortega (805) 981-6659
<i>12/11</i> <i>Wednesday</i>	Go Kids Club® : Healthy Snacking and Physical Activity	2:30- 3:15 PM 3:30- 4:15 PM	<b>Lemonwood Elementary School*</b> 2220 Carnegie Ct. Oxnard, CA 93033	Jose Ortega (805) 981-6659

\* Not open to the public / \*No abierto al público



### Live a Healthy Lifestyle

*Vive un estilo de vida saludable*



Youth Education Workshops at Elm Elementary School & Rio Lindo Elementary School in Oxnard.

#### Workshops:

Date	Activity	Time	Location	Contact Information
12/13 Friday	CATCH Physical Activity Games	3:00-4:00pm	<b>Rio Plaza Elementary School*</b> 600 Simon Way, Oxnard, CA 93030	Jose Ortega (805) 981-6659
12/16 Monday	CATCH Physical Activity Games	3:00-4:00pm	<b>Rio Rosales Elementary School*</b> 1001 Kohala St. Oxnard, CA 93036	Jose Ortega (805) 981-6659
12/17 Tuesday	Go Kids Club® : Healthy Snacking and Physical Activity	3:00- 3:45 PM 3:50- 4:30 PM	<b>Westpark Community Center*</b> 450 W Harrison Ave. Ventura, CA 93001	Jose Ortega (805) 981-6659
12/18 Wednesday	CATCH Physical Activity Games	1:00-2:00pm	<b>Art Haycox Elementary School*</b> 5400 Perkins Rd. Oxnard, CA 93033	Jose Ortega (805) 981-6659
12/19 Thursday	CATCH Physical Activity Games	3:00-4:00pm	<b>Rio Real School*</b> 1140 Kenney St. Oxnard, CA 93033	Jose Ortega (805) 981-6659

\* Not open to the public / \*No abierto al público

### Garden-Based Education

*Educación de Jardín*

Preschool Nutrition Workshops

Gus Good Food nutrition workshop at Marina West CDR in Oxnard.



#### Workshops:

Date	Activity	Time	Location	Contact Information
12/13 Friday	<b>Gus Goodfood Helps a Friend</b> <i>Nutrition Workshop</i>	9:30- 10:15 AM 10:15- 11:00 AM	<b>La Esclilita Catalyst Kids</b> 1500 Camino Del Sol Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

\* Not open to the public / \*No abierto al público

### Healthy Retail

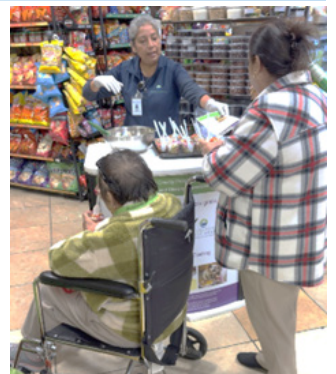
*Healthy Eating*

### 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
12/19 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	<b>4-Way Meat Market</b> 403 Cooper Rd. Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

Open to the public / Abierto al público

Healthy Retail Program

## 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:

- 1 pomegranate, seeds
- 1 orange, peeled and sliced
- 1 stem of fresh rosemary



### Preparation:

1. Fill pitcher halfway with ice.
2. Add pomegranate seeds, sliced orange and rosemary
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:

- 1 granada, en semillas
- 1 naranja, pelada y cortada en rodajas
- 1 tallo de romero fresco



### Preparación:

1. Llene media jarra con hielo.
2. Añadir granos de granada, rodajas de naranja y romero
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.



# Kale Soup with Turkey and Beans



<https://diabetesfoodhub.org/recipes/kale-soup-turkey-and-beans>

**Makes 7 servings**  
**Serving size: about 1 cup**

## Nutrition information per serving:

Calories: 140	Fiber: 4 g
Total fat: 4 g	Sodium: 220 mg
Saturated fat: 1.1 g	Protein: 13 g
Carbohydrates: 14 g	

## INGREDIENTS

- 2 tsp canola oil
- 1 onion ( Diced)
- 1/2 cup green pepper ( Diced)
- 1 glove garlic (Minced)
- 6 oz lean ground turkey
- 32 oz low sodium chicken broth  
( gluten- free)
- 1/2 canned crushed tomatoes
- 1/2 tsp basil (dried)
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/8 tsp cayenne pepper
- 1 (15.5-oz) can black- eyed peas  
(rinsed and drained)
- 3 cup kale (chopped)
- 3 tbsp parmesan cheese ( freshly granted)

## DIRECTIONS

Before you begin: Wash your hands.

- 1) Preheat the oven to 400 degrees F.
- 2) Heat the oil in a large soup pot over medium-high heat. Add the onion and green peppers, and sauté for 3 minutes or until clear. Add the garlic and sauté for 30 seconds.
- 3) Add the turkey and cook it about 8 minutes until brown. Add the remaining ingredients except for the Parmesan cheese.
- 4) Bring the soup to a boil; then reduce the heat and simmer for 15 minutes.
- 5) Remove the soup from the heat and stir in the Parmesan cheese

# Sopa de col rizada con pavo y frijoles



<https://diabetesfoodhub.org/recipes/kale-soup-turkey-and-beans>

**Rinde 7 porciones**

**Tamaño de la porción: aproximadamente 1 taza**

### Información nutricional por porción:

Calorías: 140

Fibra: 4 g

Grasa Total: 4 g

Sodio: 220 mg

Grasa Saturada: 1.1 g

Proteína: 13 g

Carbohidratos: 14 g

## INGREDIENTES

- 2 cucharaditas de aceite de canola
- 1 cebolla (cortada en dados)
- 1/2 taza de pimiento verde (cortado en dados)
- 1 guante de ajo (picado)
- 6 oz pavo molido magro
- 32 oz de caldo de pollo bajo en sodio (sin gluten)
- 1/2 lata de tomate triturado
- 1/2 cucharadita de albahaca seca
- 1/2 cucharadita de tomillo seco
- 1/2 cucharadita de romero seco
- 1/8 cucharadita de pimienta de cayena
- 1 lata (15,5 onzas) de guisantes negros (enjuagados y escurridos)
- 3 tazas de col rizada picada
- 3 cucharadas de queso parmesano (recién hecho)

## INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Calentar el aceite en una olla grande a fuego medio-alto. Añadir la cebolla y los pimientos verdes y saltear durante 3 minutos o hasta que estén transparentes. Añadir el ajo y saltear durante 30 segundos.
- 2) Añadir el pavo y cocinarlo unos 8 minutos hasta que se dore. Añadir el resto de ingredientes excepto el queso parmesano.
- 3) Llevar la sopa a ebullición; luego reduzca el fuego y cocine a fuego lento durante 15 minutos.
- 4) Retire la sopa del fuego y añada el queso parmesano.



**LIVE WELL**  
Ventura County  
Healthy Eating • Active Living

## 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](mailto:Eddie.Munizich@ventura.org)

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

## HARVEST OF THE MONTH

### *Black Bean and Sweet Potato Quesadillas*



<https://www.myplate.gov/recipes/black-bean-and-sweet-potato-quesadillas>

Makes: 1 Quesadilla

#### 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 3 g  
(1 g Saturated Fat), Protein 13 g, Carbohydrates 57 g,  
Dietary Fiber 10 g, Sodium 476 mg



## 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](mailto: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](mailto: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](mailto:Jose.Ortega@ventura.org)



Participants from Fillmore Active Adult Center completed the 6-week class series for Chronic Disease Self-Management.