

American Heart Month

Wear Red!



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Mes Nacional del Corazón

¡ Vestir de rojo !



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

2220 E. Gonzales Road
Oxnard, CA 93036
Tel. (805) 981-6645

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

American Heart Month 2025
“Friday, February 7th, is National Wear Red Day®”

February is **American Heart Month!** We invite you to help us highlight this important annual campaign and participate in **National Wear Red Day®** on **Friday, February 7th** to bring awareness to heart disease and to learn more about how to identify and manage heart-related health conditions.

According to the Centers for Disease Control and Prevention (CDC), heart disease will affect nearly 50% of all Americans and it continues as the leading cause of death in the United States. Nationally, women are typically at higher risk for developing heart disease and heart-related conditions such as high blood pressure. Locally, here in Ventura County, we see a greater prevalence of high blood pressure among men (healthmattersinvc.org), which, if left untreated, can be life threatening, just as it is in women. High blood pressure is often referred to as the “silent killer” because a person often does not experience symptoms until they have a heart attack or stroke.



This February, in celebration of **American Heart Month**, let's be proactive and take control of our health. There are many healthy lifestyle practices that are known to lower our risk for developing high blood pressure. Here are some helpful tips to support you in maintaining a healthy heart and controlling your blood pressure:

- ♥ **Eat a healthy diet.** Eat a diet rich in fiber by eating lots of whole vegetables and fruits. Select foods that are low in saturated fats and salt.
- ♥ **Engage in physical activity.** Engaging in at least 30 minutes of moderate physical activity over 5 days per week can help you manage your weight and will lower blood pressure over time.
- ♥ **Limit alcohol and quit smoking.** These add stress to your heart and will increase the risk of heart attacks. If you need support to quit smoking, call the Tobacco Use Quitline at 805-201-STOP (7867) for free education and tobacco cessation counseling.
- ♥ **Get enough sleep.** Allowing yourself to get enough rest allows the body to self-heal, keeps your blood vessels healthy, decreases your blood pressure and lowers your risk of a stroke. Aim to get 7-9 hours of sleep every night.
- ♥ **Manage your mental health.** Stress, anxiety, and depression can bring drastic changes in your emotions that can cause you to experience an increase in heart rate, adding strain to your heart and blood vessels. Prolonged and sustained period of a rapid heartbeats may lead to fainting, high blood pressure, and heart failure. Recognize the signs and symptoms of mental health and ask for help.



For activities designed to help you protect your heart and manage a healthy lifestyle, please find a variety of free services inside this month's calendar of events. Thank you!

For more information on **American Heart Month**, National Wear Red Day®, and Blood Pressure, visit:

<https://www.cdc.gov/heart-disease/php/heart-month/>

<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>

<https://www.cdc.gov/high-blood-pressure/prevention/index.html>

To learn more about the Chronic Disease Prevention Programs and its free services, please visit:

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

Mes Nacional del Corazón 2025 "Día Nacional de Vestir de Rojo® Viernes, 7 de Febrero"

¡Febrero es el **Mes Nacional del Corazón!** Lo invitamos a ayudarnos a destacar esta importante campaña anual y a participar en el **Día Nacional de Vestir de Rojo®** el **viernes 7 de febrero** para generar conciencia sobre las enfermedades cardíacas y aprender más sobre cómo identificar y controlar las afecciones cardíacas.

Según los Centros para el Control y la Prevención de Enfermedades (CDC), las enfermedades cardíacas afectan a casi el 50 % de los estadounidenses y sigue siendo la principal causa de muerte en Estados Unidos. A nivel nacional, las mujeres suelen tener un mayor riesgo de desarrollar enfermedades cardíacas y afecciones relacionadas con el corazón, como la hipertensión arterial. A nivel local, aquí en el condado de Ventura, vemos una mayor prevalencia de hipertensión arterial entre los hombres (healthmattersinvc.org), que, si no se trata, puede poner en peligro la vida, al igual que en las mujeres. A la hipertensión arterial se le suele llamar el "asesino silencioso" porque una persona a menudo no tiene síntomas hasta que sufre un ataque cardíaco o un derrame cerebral.



Este febrero, en conmemoración del **Mes Nacional del Corazón**, seamos proactivos y tomemos el control de nuestra salud. Existen muchas prácticas de estilo de vida saludable que se sabe reducen el riesgo de desarrollar presión arterial alta. A continuación, le ofrecemos algunos consejos útiles para ayudarle a mantener un corazón sano y controlar su presión arterial:

- ♥ **Siga una dieta saludable.** Siga una dieta rica en fibra, consumiendo muchas frutas y verduras. Seleccione alimentos bajos en grasas saturadas y sal.
- ♥ **Realice actividad física.** Realizar al menos 30 minutos de actividad física moderada durante 5 días a la semana puede ayudarle a controlar su peso y reducir la presión arterial con el tiempo.
- ♥ **Limite el consumo de alcohol y deje de fumar.** Estos factores aumentan el estrés en el corazón y aumentan el riesgo de sufrir ataques cardíacos. Si necesita ayuda para dejar de fumar, llame a la línea para dejar de fumar al 805-201-STOP (7867) para recibir educación y asesoramiento gratuito para dejar de fumar.
- ♥ **Duerma lo suficiente.** Descansar lo suficiente permite que el cuerpo se sane por sí solo, mantiene los vasos sanguíneos sanos, reduce la presión arterial y reduce el riesgo de sufrir un derrame cerebral. Procure dormir entre 7 y 9 horas todas las noches.
- ♥ **Controle su salud mental:** El estrés, la ansiedad y la depresión pueden provocar cambios drásticos en sus emociones que pueden hacer que experimente un aumento de latidos cardíacos, lo que aumenta la tensión en el corazón y los vasos sanguíneos. Un período prolongado y sostenido de latidos cardíacos rápidos puede provocar desmayos, presión arterial alta e insuficiencia cardíaca. Reconozca los signos y síntomas de la salud mental y pida ayuda.



Si desea conocer las actividades diseñadas para ayudarle a proteger su corazón y llevar un estilo de vida saludable, consulte una variedad de servicios gratuitos en el calendario de eventos de este mes. ¡Gracias!

Para más información sobre el **Mes Nacional del Corazón**, el Día Nacional de Vestir de Rojo® y la presión arterial, visite:

<https://www.cdc.gov/heart-disease/php/heart-month/>
<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>
<https://www.cdc.gov/high-blood-pressure/prevention/index.html>

Para más información sobre los Programas de Prevención de Enfermedades Crónicas y sus servicios gratuitos, 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!**
- **Call to register for classes starting in February 2025**
- **Classes are conducted over the phone via conference calling**

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
- healthy eating
- weight loss
- setting SMART goals
- nutrition education
- physical activity
- stress management
- 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
- ¡Llame y regístrese para las clases de febrero 2025!
- Clases son conducidas por conferencia telefónica

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



Participants learn about various cardio activities by playing Cardio Go Fish at Simi Valley Senior Center.

Class Series:

Date	Days	Language	City	Location	Hours
2/10	Mondays	Spanish	Oxnard	Wilson Senior Center* 350 N. C Street	10:30 - 11:30 AM
2/25	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:30-11:30 AM
2/11 & 2/25	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	1:00- 2:00 PM
2/8 & 2/22	Saturdays	English	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	9:30- 10:30 AM
2/8 & 2/22	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.

Healthy Living *Viviendo Saludable*



Healthier Living with Chronic Conditions at Simi Valley Senior Center.

Millions of adults live with one or more chronic health conditions. How these people manage their conditions on a day to day basis greatly determines their symptoms and quality of life. SMRC Self-Management Resource Center programs help people and their caregivers manage their symptoms, improve quality of life, and reduce healthcare costs.

Workshops:

Date	Days	Language	City	Location	Hours
2/2 - 3/4	Tuesdays	English	Simi Valley	Healthier Living with Chronic Conditions Simi Valley Senior Center 3900 Avenida Simi	9:00 - 10:00 AM

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.

Early Detection - Free Health Screens

DetECCIÓN temprana - exámenes de salud gratuitos

February / Febrero 2025

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Free glucose screening at Red Barn Market in Ventura.

Screenings:

Date	City	Location	Hours
2/5 Wednesday	Oxnard	Palm Vista Senior Center 801 S C Street	10:30 - 11:30 AM
2/6 Thursday	Oxnard	Downtown Farmers Market 500 S C Street	9:00 AM - 12:30 PM
2/7 Friday	Santa Paula	Rodney Fernandez Gardens Apartments 212 W Santa Barbara Steet	8:00 - 10:00 AM
2/7 Friday	Ventura	Red Barn Market 995 N Ventura Aveue	1:00 - 3:00 PM
2/12 Wednesday	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	10:30 - 11:30 AM
2/19 Wednesday	Piru	San Salvador Mission 4041 Center Street	10:30 AM - 12:30 PM

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

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

Relaxation and Pain Management

Relajación y manejo de dolor



Colonia Senior Center participants improve their flexibility and strength with Seated Tai Chi.

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
2/3 - 3/31	Mondays Except 4th Monday of the month	Seated	Oxnard	Wilson Senior Center 350 N. C Street	10:00 - 10:30 AM
2/3 - 3/31	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
2/13 - 3/27	Thursdays Except 1st Thursday of the month	Seated	Oxnard	Colonia Senior Center 197 N. Marquita Street	9:30- 10:00 AM
2/13 - 3/27	Thursdays Except 1st Thursday of the month	Seated	Oxnard	Palm Vista Senior Center 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!



Zumba® is an excellent and fun way to keep your heart healthy!

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
2/4 - 3/25	Tuesdays	Zumba®	Ventura	Westpark Community Center 450 W Harrison Avenue	7:00 - 8:00 PM
2/6 - 3/27	Wednesdays and Thursdays Except 1st Wednesday of the month	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
2/1 - 3/29	Saturdays	Zumba®	Oxnard	Nyeland Acres Community Center 3334 Santa Clara Avenue	9:00- 10:00 AM

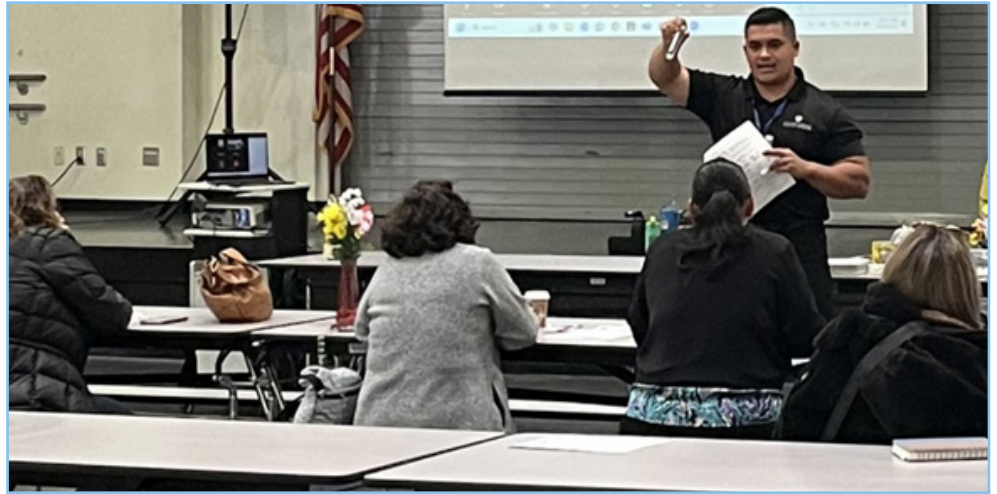
Open to the public. Lead by licensed instructor Maria L Peña & Esther Cárcamo.
 To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

February / Febrero 2025

Live a Healthy Lifestyle

Vive un estilo de vida

Nutrition Workshop at
Juan Lagunas Soria Elementary
School in Oxnard.



Workshops:

Date	Activity	Time	Location	Contact Information
2/3 Monday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	8:30-9:30 AM	Driffil Elementary School* 910 South E Street Oxnard, CA 93030	Fernando Gaytan (805) 981-6659
2/13 Thursday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	9:00-10:00 AM	Lemonwood Elementary School * 2200 Carnegie Ct, Oxnard, CA 93033	Fernando Gaytan (805) 981-6628
2/19 Wednesday	A Healthier You <i>Nutrition and Physical Activity</i>	6:30- 7:30 PM	Child Development Resources* (Zoom)	Jose Ortega (805) 981-6659
2/21 Friday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	8:45- 9:45 AM	Thurgood Marshall Elementary* 2900 Thurgood Marshall Drive Oxnard, CA 93036	Fernando Gaytan (805) 981-6627
2/21 Friday	Choose Healthy Beverages <i>Nutrition and Water Consumption</i>	9:45-11:00 AM	Creando Comunidad Learning Series* 2240 E. Gonzalez Rd., Oxnard, CA 93030	Jose Ortega (805) 981-6659
2/25 Tuesday	Making Healthy Eating Part of Your Lifestyle <i>Nutrition and Physical Activity</i>	8:15-9:15 AM	Rio Vista Elementary School* 250 Edgewood Street Fillmore, CA 93016	Betsy Saltman (805) 981-6635

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



Frontier High School officially starts their school garden in Camarillo.

Technical Assistance :

Youth Garden Education

Date	Activity	Time	Location	Contact Information
2/5 Wednesday	Garden: Technical Assistance	11:45 AM - 12:15 PM	Frontier High School* 545 Airport Way Camarillo, CA 93010	Betsy Saltman (805) 981-6635
2/26 Wednesday	Garden: Technical Assistance	11:45AM - 12:15 PM	Frontier High School* 545 Airport Way Camarillo, CA 93010	Betsy Saltman (805) 981-6635

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

Youth Education Workshops

Workshops:

Nutrition Workshop at
Hueneme Elementary School
in Port Hueneme



Date	Activity	Time	Location	Contact Information
2/5 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:45- 4:30 PM	Rio Del Norte Elementary School * 2500 Lobelia Drive Oxnard, CA 93036	Jose Ortega (805) 981-6659

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

Live a Healthy Lifestyle

Vive un estilo de vida saludable



CATCH physical activity games at Rio Real Elementary School in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
2/7 Friday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:50- 4:30 PM	Rio Plaza Elementary School* 600 Simon Way Oxnard, CA 93036	Jose Ortega (805) 981-6659
2/11 Tuesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:50- 4:30 PM	Rio Lindo Elementary School* 2131 Snow Avenue Oxnard, CA 93036	Jose Ortega (805) 981-6659
2/12 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:50- 4:30 PM	Richard Bard Elementary School* 622 East Pleasant Valley Road Port Hueneme, CA 93041	Jose Ortega (805) 981-6659
2/12 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:50- 4:30 PM	Art Haycox Elementary School* 5400 Perkins Road Oxnard, CA 93033	Jose Ortega (805) 981-6659
2/19 Wednesday	CATCH Physical Activity Games	1:00-2:00 PM	Art Haycox Elementary School* 5400 Perkins Road Oxnard, CA 93033	Jose Ortega (805) 981-6659
2/19 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:50- 4:30 PM	Sunkist Elementary School* 1400 Teakwood Street Port Hueneme, CA 93041	Jose Ortega (805) 981-6659
2/20 Thursday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:45- 4:30 PM	Rio Real Elementary School* 1140 Kenney Street Oxnard, CA 93036	Jose Ortega (805) 981-6659
2/24 Monday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:45- 4:30 PM	Rio Rosales Elementary School* 1001 Kohala Street Oxnard, CA 93030	Jose Ortega (805) 981-6659
2/26 Wednesday	Go Kids Club!: Healthy Snacking and Physical Activiy	3:00-3:45 PM 3:45- 4:30 PM	Boys and Girls Club- Martin V. Smith Youth Center* 1900 W. 5th Street Oxnard, CA 93030	Betsy Saltman (805) 981-6635

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

Garden-Based Education
Educación de Jardín



Gus Good Food nutrition workshop at Mexican American Opportunity Foundation in Oxnard.

Workshops:

Date	Activity	Time	Location	Contact Information
2/11 Tuesday	Tom the Tomato Garden Education Workshop	10:00- 11:00 AM	Sheridan Way Catalyst Kids* 573 Sheridan Way Ventura, CA 93001	Fernando Gaytan (805) 981-6627

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

Preschool Nutrition Workshops

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 La Famosa Meat Market in Santa Paula.

Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
2/27 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	4-Way Meat Market 541 W. Hueneme Rd. Oxnard, CA 93033	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 4 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 2 large kiwis, sliced
- 1/2 orange, sliced



Preparation:

1. Fill pitcher halfway with ice.
2. Add sliced kiwis and sliced oranges.
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 4 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

Ingredientes:

- 2 kiwis grandes, rebanadas
- 1/2 naranja, rebananda



Preparación:

1. Llene media jarra con hielo.
2. Agregue los kiwis y la naranja.
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.

Tomato Stuffed with Dill Salmon Salad



<https://recipes.heart.org/en/recipes/tomato-stuffed-with-dill-salmon-salad>

Makes 4 servings

Nutrition information per serving:

Calories: 231	Fiber: 6 g
Total fat: 7.1 g	Sodium: 189 mg
Saturated fat: 1.9 g	Protein: 27 g
Carbohydrates: 16 g	

INGREDIENTS

- 4 large tomatoes, (3-4 inches in size), left whole
- 14.75 oz. canned, low-sodium salmon, packed in water, drained OR
- 5 pouches of 2.6 - oz. low-sodium salmon, packed in water, drained
- 2 stalk celery, sliced crosswise into quarter-inch pieces
- 3 green onions, sliced into quarter-inch rounds OR
- 1/2 small red onion, about 1/2 cup, chopped
- 2 tablespoons nonfat mayonnaise
- 1/4 cup plain, low-fat yogurt
- 2 Tablespoons lemon juice
- 3/4 teaspoon dried dill
- 1 head romaine or other lettuce, separated into leaves, washed
- 1 large cucumber, peeled and cut into quarter-inch rounds

DIRECTIONS

Before you begin: Wash your hands.

- 1) Cut a thin slice off the top of each tomato and scoop out the inside pulp and seeds. Chop the scooped pulp and seeds finely and put in a bowl.
- 2) Put drained salmon into a bowl and using a fork break up the fish into half-inch chunks
- 3) Add the celery and onions and toss to combine.
- 4) Add the chopped tomato pulp and seeds to the salmon salad.
- 5) In a cup combine the mayonnaise, yogurt, lemon juice and dill.
- 6) Add to the salmon salad and toss to coat.
- 7) To assemble each serving, place 2-3 leaves of the washed and separated lettuce on plates.
- 8) Scoop the salmon salad into the hollowed tomatoes and place over the lettuce leaves
- 9) Arrange the sliced cucumbers by the salmon salad and serve.

Ensalada de tomates rellenos de salmón al eneldo



<https://recipes.heart.org/en/recipes/tomato-stuffed-with-dill-salmon-salad>

INGREDIENTES

- 4 tomates grandes, (3-4 pulgadas de tamaño), dejados enteros
- 14.75 oz. de salmón enlatado, bajo en sodio, envasado en agua, escurrido; 0
- 5 bolsas de 2.6 onzas de salmón bajo en sodio, envasado en agua, escurrido
- 2 tallos de apio, cortados transversalmente en trozos de un cuarto de pulgada
- 3 cebollas verdes, cortadas en rodajas de un cuarto de pulgada; 0
- 1/2 cebolla roja pequeña, aproximadamente 1/2 taza, picada
- 2 cucharadas de mayonesa descremada
- 1/4 taza de yogur natural desnatado
- 2 cucharadas de jugo de limón
- 3/4 cucharadita de eneldo seco
- 1 cabeza de lechuga romana u otra lechuga, separada en hojas, lavada
- 1 pepino grande, pelado y cortado en rodajas de un cuarto de pulgada

Rinde 4 porciones

Información nutricional por porción:

Calorías: 231	Fibra: 6 g
Grasa Total: 7.1 g	Sodio: 189 mg
Grasa Saturada: 1.9 g	Proteína: 27 g
Carbohidratos: 16 g	

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Cortar una rodaja fina de la parte superior de cada tomate y sacar la pulpa y las semillas del interior. Pique la pulpa y las semillas finamente y póngalas en un bol.
- 2) Ponga el salmón escurrido en un bol y, con un tenedor, desmenúcelo en trozos de medio centímetro.
- 3) Añada el apio y la cebolla y remuévalo todo.
- 4) Añada la pulpa de tomate picada y las semillas a la ensalada de salmón.
- 5) En una taza, mezcle la mayonesa, el yogur, el jugo de limón y el eneldo.
- 6) Añadir a la ensalada de salmón y remover para cubrir.
- 7) Para montar cada ración, coloque 2-3 hojas de lechuga lavadas y separadas en los platos.
- 8) Vierta la ensalada de salmón en los tomates huecos y colóquelos sobre las hojas de lechuga.
- 9) Colocar los pepinos en rodajas junto a la ensalada de salmón y servir.



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 in
March 2025, 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

Lemon Parsley Pasta



https://www.heart.org/en/-/media/Files/Affiliates/MWA/Wisconsin/Lemon-Parsley-Pasta-Recipe.pdf?sc_lang=en

Makes: 4 servings

Ingredients:

- 2 cups whole wheat pasta, dry
- 1 zucchini, washed and sliced into half rounds
- 1/2 cup cherry tomatoes, sliced in half
- 2 tablespoon lemon juice
- 1 cup fresh parsley, chopped
- 2 cloves garlic, minced or
1/4 teaspoon garlic powder
- 2 tablespoon olive oil
- 1 teaspoon salt-free seasoning

Before you begin: Wash your hands.

1. Prepare pasta as directed on the box.
2. While pasta is cooking, prepare veggies.
3. Add olive oil to large frying pan. Heat on low for 2 minutes.
4. Add zucchini, salt-free seasoning, and garlic to the heated pan, cover 5 minutes.
5. Add tomatoes and stir for one minute.
6. Add pasta and cooked veggies to large bowl.
7. Mix in the parsley and the lemon juice.
8. Enjoy warm or refrigerate for 1 hour and serve cold.
 - Add 1 can of chicken or tuna, drained if desired.

Nutrition Per Serving: Calories 284, Total Fat 8 g
(Saturated Fat 0 g), Protein 8 g, Carbohydrates 40 g,
Dietary Fiber 7 g, Sodium 26 mg



VENTURA COUNTY
COMMUNITY HEALTH
IMPROVEMENT COLLABORATIVE

2025 Community Survey

2025 Encuesta Comunitaria

In times of change like now, we would like to hear from you about how to make your family and the community you live in healthier.

Let us know what is needed to help improve health and wellbeing across Ventura County. Your feedback is a vital first step in guiding local organizations, so they better meet the needs of residents just like you.

En tiempos de cambio como ahora, queremos escuchar de ti sobre cómo hacer a tu familia y comunidad más saludable.

Háganos saber lo que piensa que es necesario para mejorar la salud y el bienestar del Condado de Ventura. Sus comentarios son los primeros pasos vitales que guiarán a organizaciones locales para que logren satisfacer las necesidades de residentes como tú.

Make your voice heard today!
¡Haz oír tu voz hoy!

TAKE THE SURVEY
TOMA LA ENCUESTA

<https://bit.ly/4gJMDz6>



Questions? Email dwherley@hasc.org

¿Tiene preguntas? Envíe un correo electrónico a dwherley@hasc.org

Brought to you by the Ventura County Community Health Improvement Collaborative.
Funding for survey promotion made through Ventura County Behavioral Health, Mental Health Services Act.
Presentado por Ventura County Community Health Improvement Collaborative.
Financiamiento para estos grupos de enfoque brindado por Ventura County Behavioral Health, Ley de Servicios de Salud Mental.

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

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.

Stanford University Self-Management Resource Center
6-week workshops on Chronic Disease Self-Management, Diabetes Self- Management, Tomando Control de su Salud, and Manejo Personal de Su Diabetes Tipo 2.

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

Physical Activity Opportunities
Get Fit! Zumba® Classes
Community physical activity classes.

Seated Tai Chi
Seated group exercise classes.

Walking Clubs
Assistance initiating walking clubs in the community.



CalFresh Healthy Living staff provided a nutrition workshop for parents at Glenwood Elementary School in Thousand Oaks.

Thank you for viewing and sharing our monthly calendar!