

Enjoy a Healthy and Active Summer!



USDA.gov

¡Disfrute de un verano saludable y activo!

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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>

Stay Active and Food Safe This Summer

July puts a mark on summertime fun with many families planning bar-b-ques at the park, beach day picnics, day hikes, and camping vacations. These types of events and activities over the summer create long-lasting memories with family and friends. This time of year also brings out many of our favorite seasonal foods that we all enjoy! Whether it's some of our favorite meals shared around the bar-b-que, or sandwiches and salads we bring on a picnic, or even snacks we take on a local trail hike, these foods are an important part of the adventure. However, with the warm temperatures and long hours we spend outside comes the increase in potential for foodborne illness. Let's look at some ways you can ensure you and your family enjoy being outdoors this summer all while keeping the foods we prepare and consume safe to eat so nothing spoils the fun.



FDA.gov

Outdoor Adventures

Hiking is a great way to enjoy the outdoors and stay active. Going on a hike? Grab some snacks on your way out. Whole fresh fruits and vegetables are healthy options that will keep you hydrated and give you a boost of energy to finish out your hike. Make sure to rinse these well, cut, and place them in safe food storage bags. Other items such as pre-packaged nuts, trail mix, peanut butter, and canned foods are best for additional snacks on longer outdoor adventures. Uneaten canned foods should be disposed of and should not be saved for later consumption. Water is a must! Prevent feeling lightheaded or dizzy due to dehydration and drink more water! Always wash your hands with clean water after any activity and before touching anything you are planning to eat.

Picnics and B-B-Q's

Whether at the park or the beach, picnics and bar-b-ques offer great opportunities for fun under the sun. When scheduling these activities, it is imperative to plan, prepare, and safely store food for consumption. Keep hot foods hot and cold foods cold! When food is left out in hot summer temperatures, bacteria can quickly begin to multiply. If these foods reach a temperature between 40 °F and 140 °F, it is known as the "Danger Zone" where bacteria in the foods can reach harmful levels after just 2 hours. Make sure to bring a cooler with you and enough ice to keep foods cool and safe to eat throughout the day.

Campground Tips

Camping is a popular summer vacation activity. The idea of being away from home for a couple days can allow us to explore new roads, beautiful views, and tasty grilled food flavors! Transport raw meats and poultry product in separate leak-proof plastic bags and keep them in an iced cooler. It is best if you designate one cooler only for perishable foods and take a second cooler to store drinks and snacks. Make sure to wash your hands before and after handling food as well and keep all surface areas clean with alcohol-based wipes. Take plenty of food platters, plates, and utensils to prevent cross-contamination of foods. Use a food thermometer to ensure your food is cooked thoroughly and it is safe to eat. Consider taking non-perishable, shelf-stable foods for longer outdoor vacations.

With these important tips in mind, now it's time to go out and have some fun this summer! Create new memories, safely savor healthy and delicious foods and snacks, enjoy staying active with family and friends in the long sunny days, and cherish the lively summer nights!

Find more tools and resources on Food Safety at:

[Food Safety While Hiking, Camping & Boating](#) | [Food Safety and Inspection Service \(usda.gov\)](#)
[Handling Food Safely While Eating Outdoors](#) | [FDA](#)

For more information, including free health screenings, classes, and community activities, visit:
<http://vchca.org/chronic-disease-prevention-program>

Manténgase activo y con alimentos seguros este verano

Julio pone su punto culminante en la diversión del verano, ya que muchas familias planean barbacoas en el parque, picnics en la playa, caminatas de un día y vacaciones en campamentos. Este tipo de eventos y actividades durante el verano crean recuerdos duraderos con familiares y amigos. ¡Esta época del año también saca a relucir muchas de nuestras comidas de temporada que todos disfrutamos! Ya sean algunas de nuestras comidas favoritas compartidas alrededor de la barbacoa, sándwiches y ensaladas que llevamos a un picnic o incluso refrigerios que llevamos en una caminata por un sendero local, estos alimentos son una parte importante de la aventura. Sin embargo, con las temperaturas cálidas y las largas horas que pasamos al aire libre, aumenta el potencial de enfermedades transmitidas por los alimentos. Veamos algunas formas en que puede asegurarse de que usted y su familia disfruten del aire libre este verano y, al mismo tiempo, mantengan seguros los alimentos que preparamos y consumimos para que nada arruine la diversión.



Aventuras al aire libre

El senderismo es una excelente manera de disfrutar del aire libre y mantenerse activo. ¿Vas a hacer una caminata? Toma algunos bocadillos al salir. Las frutas y verduras frescas enteras son opciones saludables que te mantendrán hidratado y te darán un impulso de energía para terminar tu caminata. Asegúrate de enjuagarlos bien, cortarlos y colocarlos en bolsas seguras para almacenar alimentos. Otros artículos, como nueces empaquetadas, mezclas de frutos secos, mantequilla de maní y alimentos enlatados, son mejores como refrigerios adicionales en aventuras más largas al aire libre. Los alimentos enlatados no consumidos deben desecharse y no deben guardarse para tu consumo posterior. ¡El agua es imprescindible! ¡Evita sentir mareos o aturdimiento debido a la deshidratación y bebe más agua! Lávese siempre las manos con agua limpia después de cualquier actividad y antes de tocar cualquier cosa que planea comer.

Picnics y barbacoas

Ya sea en el parque o en la playa, los picnics y las barbacoas ofrecen grandes oportunidades para divertirse bajo el sol. Al programar estas actividades, es imperativo planificar, preparar y almacenar de forma segura los alimentos para el consumo. ¡Mantenga los alimentos calientes calientes y los fríos fríos! Cuando los alimentos se dejan afuera en las altas temperaturas del verano, las bacterias pueden comenzar a multiplicarse rápidamente. Si estos alimentos alcanzan una temperatura entre 40 °F y 140 °F, se conoce como la "zona de peligro", donde las bacterias en los alimentos pueden alcanzar niveles dañinos después de solo 2 horas. Asegúrese de llevar una hielera y suficiente hielo para mantener los alimentos frescos y seguros para comer durante todo el día.

Consejos para acampar

Acampar es una actividad popular durante las vacaciones de verano. ¡La idea de estar fuera de casa por un par de días puede permitirnos explorar nuevos caminos, hermosas vistas y sabrosos sabores de comida a la parrilla! Transporte las carnes crudas y productos avícolas en bolsas de plástico separadas a prueba de goteos y manténgalas en una hielera fría. Lo mejor es designar una hielera solo para alimentos perecederos y llevar una segunda hielera para guardar bebidas y aperitivos. Asegúrese de lavarse las manos antes y después de manipular alimentos y mantenga limpias todas las superficies con toallitas a base de alcohol. Lleve suficientes charolas, platos y utensilios de comida para evitar la contaminación cruzada de los alimentos. Utilice un termómetro para alimentos para asegurarse de que los alimentos estén bien cocidos y sean seguros para comer. Considere llevar alimentos no perecederos y de larga conservación para unas vacaciones más largas al aire libre.

Con estos importantes consejos en mente, ¡ahora es el momento de salir y divertirse este verano! Cree nuevos recuerdos, saboree con seguridad alimentos y aperitivos deliciosos y saludables, disfrute manteniéndose activo con familiares y amigos en los largos días soleados y disfrute de las animadas noches de verano.

Encuentre más herramientas y recursos sobre seguridad alimentaria en:
[Food Safety While Hiking, Camping & Boating | Food Safety and Inspection Service \(usda.gov\)](#)
[Handling Food Safely While Eating Outdoors | FDA](#)

Para obtener más información, incluidos exámenes de salud gratuitos, clases y actividades comunitarias, visite:
<http://vchca.org/chronic-disease-prevention-program>



Diabetes Prevention Program

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



- **FREE classes starting soon**
- **Classes are in-person**
- **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
- healthy eating
- weight loss
- setting SMART goals
- nutrition education
- physical activity
- stress management
- 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
- Múltiples ubicaciones en el Condado de Ventura
- Llame para registrarse ahora!

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 scouting weekly grocery newspaper adds as part of their “Shop Healthy on a Budget” workshop session

Class Series:

Date	Days	Language	City	Location	Hours
7/1-7/29	Mondays	Spanish	Oxnard	Wilson Senior Center* 350 N. C Street	10:30 - 11:30 AM
7/9 & 7/23	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:00-11:00 AM
7/2-7/30	Tuesday	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	1:00- 2:00 PM
7/13-7/27	Saturdays	English	Oxnard	Ventura County Public Health* 2240 E. Gonzales Road	9:30- 10:30 AM
7/13-7/27	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 open to the public/No abierto al público

July/Julio 2024

Early Detection - Free Health Screens

Detección temprana-exámenes de salud gratuitos

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Health Screenings
at Santa Paula
Senior Center's
Health & Wellness Expo

Screenings:

Date	City	Location	Hours
7/10 Wednesday	Port Hueneme	Vineyard Church 415 Pearson Road	1:00 - 4:00 PM
7/11 Thursday	Santa Paula	Vons 576 W Main Street	1:00 - 4:00 PM
7/17 Wednesday	Piru	San Salvador Mission 4041 Center Street	9:30-11:30 AM
7/26 Friday	Ventura	Red Barn Market 955 N. Ventura Avenue	1:00- 3:00 PM

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 enjoying physical activity with Zumba® at Nyeland Acres Community Center, Oxnard

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
Ongoing	Wednesdays and Thursdays Except 1st Wednesday	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
Ongoing	Saturdays	Zumba®	Oxnard	Nyeland 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

“Spring Into Summer” community resource fair at Veterans Memorial Park In Santa Paula



Events:

Date	Activity	Time	Location	Contact Information
7/11 Thursday	Farmers Market	9:00 AM-1:00 PM	Downtown Oxnard Farmers Market 500 S. C street Oxnard,CA 93033	Jose Ortega (805) 981-6659
7/21 Sunday	Nyeland Acres: Bike Rodeo	10:00 AM-2:00 PM	Nyeland Acres 3334 Santa Clara Ave Oxnard,CA 93036	Jose Ortega (805) 981-6659
open to the public			abierto al público	

Community Events

Youth Nutrition Workshops

Talleres de nutrición para niños

CATCH physical activity games at Rio Plaza Elementary School in Oxnard



Date	Activity	Time	Location	Contact Information
7/9 Tuesday	Nourish: Food + Community <i>Nutrition and Garden Education</i>	10:30-11:30 AM	Frontier High School* 545 Airport Way, Camarillo, CA 93010	Jose Ortega (805) 981-6659
7/11 & 7/25 Wednesday	CATCH Physical Activity Games	10:00-11:00 AM	Rio Real Elementary School* 1140 Kenney St, Oxnard, CA 93036	Jose Ortega (805) 981-6659
* Not open to the public			*No abierto al público	

Youth Nutrition Workshop

Live a Healthy Lifestyle

Vive un estilo de vida saludable



“Enjoy Healthy Foods That Taste Great”
nutrition education workshop at
Grace Thille Elementary School
in Santa Paula

Class Series:

Eat Healthy Be Active

Locations	Class 1	Class 2	Class 3	Class 4
Tender Life Maternity Home * 871 E Thompson Blvd Ventura, CA 93001 Contact: Jose Ortega (805) 981-6659	06/14	06/28	07/17	07/26

* Not open to the public.

Workshops:

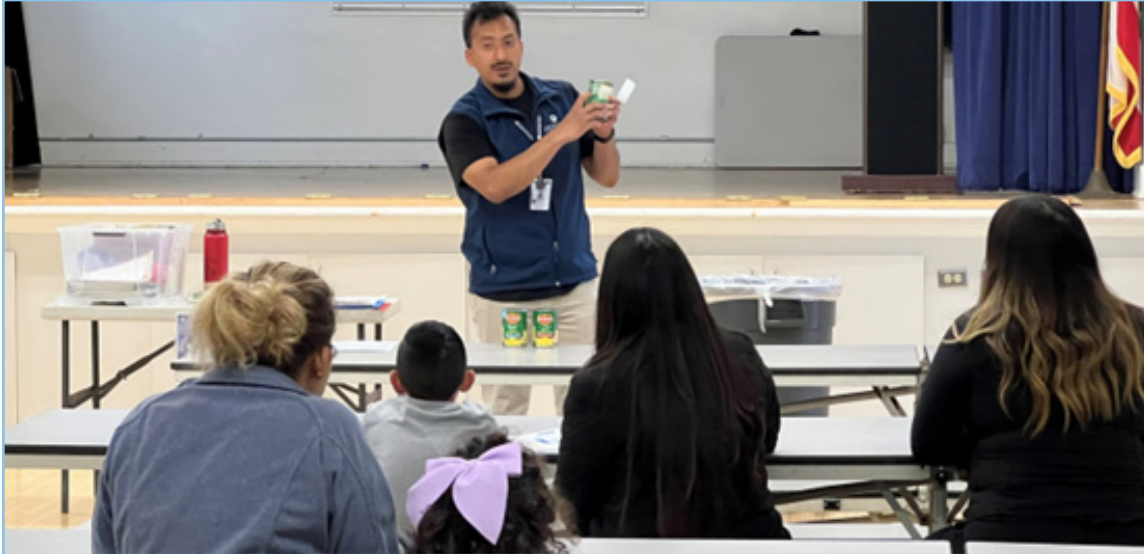
Date	Activity	Time	Location	Contact Information
7/1 <i>Monday</i>	Fresh From the Garden “Tomatoes” <i>Nutrition and Garden Education</i>	4:30-5:30 PM	Villages at Westview 1187 Riverside st. Ventura, CA 93001	Jose Ortega (805) 981-6659
7/8 <i>Monday</i>	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	3:00-4:00 PM	Wagon Wheel Apartments 510 Winchester Dr. Oxnard, CA 93036	Jose Ortega (805) 981-6659
7/10 <i>Wednesday</i>	Fresh From the Garden “Summer Squash” <i>Nutrition and Garden Education</i>	4:30-5:30 PM	Encanto Del Mar 375 E. Thompson Blvd Ventura, CA 93001	Jose Ortega (805) 981-6659

* Not open to the public

*No abierto al público

Live a Healthy Lifestyle

Vive un estilo de vida saludable



“Enjoy Healthy Foods That Taste Great” nutrition workshop at Hueneme Elementary School in Port Hueneme

Workshops:

Date	Activity	Time	Location	Contact Information
7/15 <i>Monday</i>	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	5:00-6:00 PM	Rancho Verde Apartments 10503 Los Gatos St. Ventura, CA 93004	Jose Ortega (805) 981-6659
7/23 <i>Tuesday</i>	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	5:00-6:00 PM	Cambria Apartmets 60 Cambria Ave Ventura, CA 93003	Jose Ortega (805) 981-6659
7/29 <i>Monday</i>	Fresh From the Garden “Summer Squash” <i>Nutrition and Garden Education</i>	2:00-3:00 PM	Castillo Del Sol Apartments 3005 E. Main St. Ventura, CA 93001	Jose Ortega (805) 981-6659
7/30 <i>Tuesday</i>	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	2:00-3:00 PM	Sycamore Senior Village 333 North F. Street Oxnard, CA 93030	Jose Ortega (805) 981-6659
7/31 <i>Wednesday</i>	Eating Healthy on a Budget <i>Nutrition and Physical Activity</i>	5:00-6:00 PM	Partridge Apartments 1050 Partridge Dr. Ventura, CA 93003	Jose Ortega (805) 981-6659

Adult Nutrition Workshops

* Not open to the public

*No abierto al público

Garden-Based Education

Educación de Jardín



CATCH physical activity games at Green Valley Catalyst Kids in Oxnard

Workshops:

Pre-school Nutrition Workshops

Date	Activity	Time	Location	Contact Information
7/17 Wednesday	Tom The Tomato Garden Education Workshop	10:00-11:00 AM	Mexican American Opportunity Foundation (MAOF)* 711 S C Street, 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
4- Way Meat Market
Oxnard

Healthy Recipe Tasting:

Healthy Retail Program

Date	Activity	Time	Location	Contact Information
7/18 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	J & K Food Mart 609 W Hueneme Rd, Oxnard, CA 93033	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 4 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 1 cup honeydew melon, chopped
- 1 stem of fresh rosemary



Preparation:

1. Fill pitcher halfway with ice.
2. Add honeydew 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 4 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

Ingredientes:

- 1 taza de melón verde, picada
- 1 tallo de romero fresco



Preparación:

1. Llène media jarra con hielo.
2. Agregue el melón y romero.
3. Llène con agua. deje enfriar por lo menos 30 minutos antes de servir.
4. Guarde en el refrigerador y tome dentro de 24 horas.



Grilled Chicken Vegetable Kabobs



<https://calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Grilled-Chicken-Vegetable-Kabobs.aspx>

INGREDIENTS

- 2 teaspoons olive oil
- 3 tablespoons fresh lemon juice
- ground black pepper to taste
- 1 pound boneless chicken breast without skin, cut into 2-inch cubes
- 4 wooden skewers
- 8 cherry tomatoes
- 12 whole bay leaves
- 1 medium onion, cut into 1-inch cubes
- 1 medium green bell pepper, cut into 1-inch cubes
- 2 cups cooked brown rice

Makes 4 servings

Serving size: 1 skewer per serving

Nutrition information per serving:

Calories: 297

Fiber: 5 g

Total fat: 7 g

Sodium: 73 mg

Saturated fat: 2 g

Protein: 28 g

Carbohydrates: 29 g

DIRECTIONS

Before you begin: Wash your hands.

1) In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate 1 hour in the refrigerator.

2) To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.

3) Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.

4) Serve each kabob over ½ cup of brown rice.

Brochetas de verdura con pollo a la parrilla



<https://calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Grilled-Chicken-Vegetable-Kabobs.aspx>

Rinde 4 porciones
Tamaño de la porción: 1 brocheta

Información nutricional por porción:

Calorías: 297	Fibra: 5 g
Grasa Total: 7 g	Sodio: 73 mg
Grasa Saturada: 2 g	Proteína: 28 g
Carbohidratos: 29 g	

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) En un bol pequeño, mezcle el aceite de oliva, el zumo de limón y la pimienta negra molida; viértalo sobre el pollo y déjelo marinar 1 hora en el frigorífico.
- 2) Para hacer las brochetas, ensarta el tomate, el pollo, la hoja de laurel, la cebolla y el pimiento; repite la operación.
- 3) Áselas a fuego medio durante 5 minutos por cada lado o hasta que estén bien hechas. Deseche las hojas de laurel antes de servir.
- 4) Sirva cada brocheta sobre ½ taza de arroz integral.

INGREDIENTES

- 2 cucharaditas de aceite de oliva
- 3 cucharadas de zumo de limón fresco
- pimienta negra molida al gusto
- 1 libra de pechuga de pollo deshuesada sin piel, cortada en cubos de 2 pulgadas
- 4 brochetas de madera
- 8 tomates cherry
- 12 hojas de laurel enteras
- 1 cebolla mediana, cortada en cubos de 1 pulgada
- 1 pimiento verde mediano, cortado en cubos de 1 pulgada
- 2 tazas de arroz integral cocido

July/Julio 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, September 19, 2024, at 9:00am
Ventura County Public Health
2220 E. Gonzales Rd., EMS Suite 200 B
Conference Room, 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

Mango, Avocado & Black Bean Salad



<https://recipes.heart.org/en/recipes/mango-avocado-and-black-bean-salad>

Makes: 6 servings

Ingredients:

- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 1 15.25-ounce can no-salt-added or low-sodium whole-kernel corn, rinsed and drained
- 1 head romaine, torn into bite-size pieces
- 2 medium mangoes, cut into 1/2-inch cubes
- 2 medium green onions, cut into 1/2-inch pieces
- 1 medium avocado, cut into 1/2-inch cubes
- 3 tablespoons fresh lime juice
- 1 small fresh jalapeño, seeds and ribs discarded, finely chopped (optional)
- 1 medium red or green bell pepper, cut into 1/2-inch pieces
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper
- 1/4 teaspoon salt

Directions:

Before you begin: Wash your hands.

1. Put the romaine on plates or in bowls. Set aside
2. In a medium bowl, stir together the beans, corn, mango, avocado, onions, bell peppers, and jalapeño.
3. In a small bowl, whisk together the lime juice, cilantro, oil, chili powder, pepper, and salt until well mixed. (You can also put the ingredients in a Mason jar with a secure lid and shake.) Pour over the bean mixture, gently tossing to coat.
4. Spoon over the romaine.

Nutrition Per Serving: Calories, 218g Total Fat 7g
(1.5 g Saturated Fat), 7 g Protein, 36 g Carbohydrates,
9 g Dietary Fiber, 128 mg Sodium

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



The CFHL team promoting the reduction of sugary beverages and encouraging water consumption at the Gold Coast Health Plan Resource Fair in Oxnard.