



Healthy Apple Valley

in conjunction with Healthy High Desert

BE ACTIVE ***EAT SMART*** ***LIVE BETTER***

The Community has a Healthy Apple Valley coalition consisting of representatives from public and private entities and businesses as well as residents within the community. This coalition supports the Healthy Apple Valley mission of improving the health and well-being of our residents through the promotion of healthy eating, education, cooking programs and physical activity.

Healthy Living Workshops

Ages 13 & Up

Led by a registered dietitian, learn healthier living through grocery shopping, balanced eating and fun exercise.

Sessions cover the following topics:

- Disease Prevention and Healthy Weight Loss
- Healthy Eating Basics on a Budget
- Family Physical Activity
- Label Reading and Grocery Shopping

Activity Fee: FREE

Location: Apple Valley Conference Center

Date:	Day:	Time:
June 13, 20, 27	Wed	6 - 8 pm

Pre-registration is required.
 Call (760) 240-7880 NOW to save your place in the
 Healthy Living Workshop Series
 Proudly sponsored by St. Mary Medical Center
 (760) 946-8170

Reserve Your Healthy Apple Valley Gym Night Now!

All Ages

Are you looking for a way to reward your employees? Or are you trying to plan an activity for your youth group or church? Are you wanting to get some friends and family together for a family night? Well then consider booking a Healthy Apple Valley Gym Night. Gymnasium will be set up for both volleyball and basketball. Event includes: two recreation staff, two Teen Zone volunteers, two hours of gym time, instruction and game at the end. Must reserve your space two weeks in advance. For more information call (760) 240-7000 ext. 7890.

Activity Fee: \$50

Apple Valley Farmer's Market

Come check us out every
 Friday

12 - 8 pm

Lion's Park

(between Flathead & Dale Evans Parkway)

Fresh produce, flowers, art, breads, green products and much more!

Are you interested in Community Gardening?
 Would you like to support/volunteer in a
 Community Garden in Apple Valley?
 If so email us at HealthyAV@applevalley.org.

Family Fun Night

All Ages

Tired of the same old, same old? Join the Recreation staff at the Civic Center Park Retention Basin for Family Fun Nights! It's a time for families to break out of their hectic schedules and enjoy an evening of fun and adventure during our Summer Concert Series.

Activity Fee: FREE

Location: Civic Center Park Retention Basin

Date:	Day:	Time:
July 12	Th	6 - 7 pm
Family Kickball Game		
Aug 2	Th	6 - 7 pm
Family Field Night		



Healthy Cooking for Kids Dinner Ideas!

Ages 11 - 15

Explore new foods and wholesome baking to introduce older kids to the joy of cooking for themselves. Incorporate healthy alternatives to fast food and creative ideas to expand your weekly menu. Sign up today! Class maximum is 10.

Activity Fee: \$5

Location: James Woody Community Center Kitchen

Date:	Day:	Time:
July 10	Tue	6 - 8 pm

Healthy Cooking for Kids Breakfast Ideas!

Ages 11 - 15

Looking for a healthy way to start the day? Join us as we teach healthy breakfast ideas for kids and teens. Incorporate healthy alternatives to fast food and creative ideas to expand your weekly menu. Sign up today! Class maximum is 10.

Activity Fee: \$5

Location: James Woody Community Center Kitchen

Date:	Day:	Time:
July 28	Sat	8:30 - 10:30 am



Come out and walk today!



Civic Center Park Walking Path

Looking for a safe place to walk? Civic Center Park features a well-lit walking path. Come out any day of the week for a healthy walk around the park.

Brewster Social Walker's Club

The Lenny Brewster Sports Center features a .8 mile dirt trail around the perimeter of the park. Join old friends and meet new ones while embracing your new healthy lifestyle.

Sunset Cycling

Enjoy the beautiful weather the high desert has to offer and ride along the Apple Valley Road Bike Route for an evening of fun and fitness. Bike ride will start behind The Pizza Factory at Apple Valley Road and Bear Valley Road. We will ride from Pizza Factory to Yucca Loma Road and back! Course is approximately 3 miles. Don't forget - helmets are a must! No registration required.



Date:	Day:	Time:
June 15	Fri	5:45 pm
July 20	Fri	5:45 pm
Aug 17	Fri	5:45 pm