



Healthy Apple Valley

in conjunction with  Healthy High Desert

BE ACTIVE

EAT SMART

LIVE BETTER

The Town of Apple Valley has been awarded a grant by the County of San Bernardino Department of Public Health in support of 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 18 & 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
- Free babysitting will be provided.

Activity Fee: FREE

Location: Apple Valley Conference Center

Date:	Day:	Time:
Oct 11, 18, 25	Tue	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



Healthy Apple Valley Family Gym Night

All Ages

Shoot some hoops with Healthy Apple Valley staff as we get fit for the fall. Families have an opportunity to play in a non-competitive manner at the Family Gym Night. Staff will be there to assist with drills and scrimmage games. **Family Gym Night is for families, no minors permitted unless accompanied by a parent or legal guardian.**

Activity Fee: \$2 per person

Location: James Woody Community Center Gym

Date:	Day:	Time:
Nov 7	Mon	6 - 8 pm
Dec 12	Mon	6 - 8 pm

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

All Ages

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.

Activity Fee: FREE

Location: Lenny Brewster Sports Center

Date:	Day:	Time:
Sept - Dec	Mon - Sun	Dawn - dusk

Apple Valley Farmer's Market

Come check us out every Friday

11 am - 6 pm

Lion's Park (between Flathead & Dale Evans Parkway)

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

No Bake Snacks for Kids

Ages 7 - 10

Kids, you don't need to use the oven to cook! Join in the fun with our healthy, no bake cooking class! Learn new tasty recipes and tricks to making old recipes healthier. Nuts and dairy products will be used. Please specify when registering if your child has an allergy. Class will be hands on, so come hungry and don't forget your apron! Pre-registration is required. Limited to 15 participants.

Activity Fee: \$5 materials fee

Location: James Woody Community Center
Arts & Crafts Room

Date:	Day:	Time:
Oct 17	Mon	6 - 8 pm



Diabetes Awareness Group

Ages 18 & Up

The Diabetes Awareness Group of St Mary Medical Center has been recognized by the American Diabetes Association for Quality Self-Management Education. This course is designed to educate and bring awareness towards diabetes. Guest speakers attend monthly and will present a variety of Diabetes Topics. Class is facilitated by April Vincent RD,CDE and Teresa Miller BSN,CDE. For more information, please call (760) 946-8170.

Activity Fee: FREE

Location: St Mary Medical Center Annex building-
Brothers Conference Room, 18300 Hwy 18

Date:	Day:	Time:
Sept 27	Tue	6 - 7 pm
Oct 25	Tue	6 - 7 pm

American Heart Association HeartChase

Ages 18 & Up

The American Heart Association's HeartChase is an innovative community event that provides a fun, new way to promote healthy living and support a great cause. HeartChase is loads of fun with a purpose! We will bring families, friends and coworkers of all ages together in a community wide competition to uncover clues, solve puzzles and complete challenges in a race to the finish line. Cardiovascular disease and stroke are the #1 and # 3 killers in America, let's get up and do something about it. A HeartChase event is coming soon! To participate or help with planning please call (760) 240-7880 for more information. Date and time are TBA.



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. No pre-registration required.

Activity Fee: FREE

Location: Civic Center Park Retention Basin

Date:	Day:	Time:
Sept 22 Kickball	Thur	6 - 7:30 pm
Nov 17 Family Field Day	Thur	6 - 7:30 pm