



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:
Mar 13, 20, 27	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

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. Call (760) 240-7000 ext. 7883 for more information.

Activity Fee: \$50

Location: James Woody Community Center Gym

Date:	Day:	Time:
March - May	Tu/Th/Sat	6 - 8 pm



Apple Valley Farmer's Market

Come check us out every Friday
 starting April 1st
 11 am - 6 pm
 Lion's Park
 (between Flathead & Dale Evans Parkway)

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

Bring Your Lunch From Home Campaign

Ages 18 & Up

Looking for a way to save money this spring? How about feeling better about your health? Then join Healthy Apple Valley and our "Bring your lunch from home" campaign. All we ask is that you accept the challenge to bring your lunch from home 3 times per week. Upon your FREE registration, all participants will receive a healthy recipes book, challenge card and insulated Healthy Apple Valley lunch bag. All participants will be required to log their progress and submit to the Campaign Coordinator each month. Monthly raffle prizes will be awarded. Take the challenge for a healthier life!

Registration begins 1/9. Limited to 35 participants.

Challenge Dates:

Feb 7 - Mar 30

Healthy Cooking for Kids

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:
Mar 15	Th	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

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 fresh air. 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! Don't forget - helmets are a must! No registration required.

Date:	Day:	Time:
Mar 23	Fri	5:45 pm

American Heart Association HeartChase

Ages 9 & Up

The American Heart Association has teamed up with the Town of Apple Valley to offer HeartChase, an innovative community event that provides a fun, new way to promote healthy living and support a great cause! HeartChase is a wacky team building event that is similar to The Amazing Race or Minute to Win It! Our HeartChase event 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. Challenges will require smart problem solving to discover real solutions that help build healthier lives. When you combine awesome games, friendly competition, and a very important mission, you've got great fun with a purpose. Teams consist of 3-5 players, so start forming your teams now! Join the Chase! Registration packets will be available on 12/12. Registration deadline is 2/2.

Activity Fee: \$10/person

(tax deductible through American Heart Association)

Location: Apple Valley Conference Center

Date:	Day:	Check-in	Event:
Feb 18	Sat	8 am	9 am - 12 pm

Spirit points: dress in your team spirit clothes and earn 5 points.

Family Field Day

All Ages

Tired of the same old, same old? Join the Recreation staff at the Civic Center Park Retention Basin for Family Field Day! It's a time for families to break out of their hectic schedules and enjoy a day of fun and adventure. Phone-in registration required. Call (760) 240-7880 by 4/19 to register.

Activity Fee: FREE

Location: Civic Center Park Retention Basin

Date:	Day:	Time:
Apr 21	Sat	9 - 10:30 am

