CULTIVATE HEALTH OPPORTUNITIES

GARDEN WORK PARTY AT BERKELEY COMMUNITY CHURCH
The purpose of this new garden is to share vegetables amongst neighbors and promote an overall sense of community. Volunteers at the church are leading this project with help from The Center for Food Justice and Healthy Communities (through Cultivate Health and Regis University). Event will take place on the corner of 50th and Meade on June 11th from 8:30 a.m. – 11:00 a.m. Contact Faye: 720.435.1792

COUCH TO 5K TRAINING GROUP
Run or walk with us in preparation for the Regis Physical Therapy Move Forward 5k (run/walk) on September 17th, 2016. Training begins June 15th, 2016 at Rocky Mountain Lake Park and will run every following Wednesday at 10:00 a.m. and 7:00 p.m. This is sure to be a great community of people with all levels of fitness. You will receive a t-shirt for participating, and a $10 Move Forward race discount. The Couch to 5K training program will be led by Regis University students who care about the wellness and interconnectedness of our community. Up-to-date information can be found at http://moveforward5k10k.racedirector.com/
Contact: moveforward5k10k@gmail.com or 303.488.3548 (habla español).

SISTER GARDENS VOLUNTEER DAYS, CLASSES AND FARM STAND
The Sister Gardens Pay-What-You-Can Farm Stand is every Thursday evening and Saturday morning on 50th and Federal. Buy fresh, organic produce grown right here in your neighborhood! Up-coming classes and volunteer days: transplanting and seeding, trellising and pruning, pesticide-free pest management, wild crafting, medicinal herbs and bee-keeping. Check out the full schedule HERE. ESPANOL.

CULTIVATE HEALTH ZUMBA CLASSES
WE ADDED MONDAYS!
Every Monday and Wednesday at Beach Court Elementary. Click HERE for more info! ESPANOL.

FREE CULTIVATE HEALTH BILINGUAL YOGA CLASSES
WE CHANGED LOCATIONS! Endorphin is closing their Berkeley location – thank you for the time we had in your space! Every Tuesday at Berkeley Community Church. Click HERE for more info! ESPANOL.

Yoga in the garden on various days throughout the warm season. Click HERE for more info! ESPANOL.

CIRCUIT TRAININGS FOR THE FITNESS ZONE IN ZUNI PARK
Physical Therapy students at Regis University created these circuit trainings to use at the fitness zone in Zuni Park. Are you using them? Send us stories, and we’d love to feature you in our newsletter! ENGLISH. ESPANOL.

WHAT WE’VE BEEN UP TO
Big things have been happening over at Cultivate Health! With your help, we completed the installation of the second edible landscape (permaculture garden) in the center garden of Sister Gardens. These gardens are made up of fruits, medicinal herbs and flowers for a variety of uses, and are intended for students to harvest freely. Contact us or stop by the gardens to learn more and get involved. We also have completed two Cooking Matters courses in the community graduating a total of twenty-six people, and have two classes running right now with a total of thirty-one people. Contact us if you would like to join a future class for cooking tips and nutrition education. We typically have between fifteen-eighteen people in our bilingual yoga classes, and have had fifteen participants in our Zumba classes. Sister gardens hosts dozens of volunteers in the gardens each week, and the farm stand is up and running for the season. Thirteen people attended our Safe and Fun biking for Families event and learned how to ride or perfect their skills, received lessons on flat-changing and more!

HAPPENING IN OUR COMMUNITY
OPEN HOUSE AT 3CE
3CE has temporarily moved to Regis Square. Job Searching, Resume Help, GED, Housing Services, Self-Improvement, Parenting classes and more. 3CE is a “one-stop-shop” for people looking to improve their lives. All services are FREE with the exception of GED which requires a one-time $50 fee. Learn more at the Grand Re-Opening celebration on Friday, June 24th from 4:00 p.m-6:00 p.m! Call 720.502.5890. INFO. ENGLISH. ESPANOL.

MAKE A PRAYER FLAG FUNDRAISER
Paint your own prayer flags. Kids of all ages can use markers, paint and stencils to personalize their own flags. Donations accepted will go towards benefiting Haiti Children and Archway Housing and Services. June 24th from 1:30 p.m. – 3:30p.m. at Berkeley Community Church. Read more about the history of The Prayer Flag Project HERE.

ARIA COHOUSING COMMUNITY
The Aria Cohousing Community is forming and actively recruiting members. Click HERE for more info.

COMMUNITY ACTIVE LIVING COALITION
Help collect information about sidewalks and intersection conditions in your neighborhood! The top 3 teams that collect the most data between May 31st and June 14th will win $1000 for a neighborhood-designed walkability project, such as sidewalk art or wayfinding signs. Sign up, join a team or get more info at www.walkdenver.org