CULTIVATE HEALTH OPPORTUNITIES

SAFE & FUN BIKING FOR FAMILIES
A day of classes with BICYCLE COLORADO for adults and kids on May 14th from 9 a.m. to noon: safety, traffic skills, and flat-changing. We will wrap up the event with optional family group rides of various lengths. Contact us to register and let us know if you would like to borrow a bike during the event, the ages of your kids, and what YOU would like to get out of the event: ljorkman@regis.edu or 303.458.3548 | Click HERE for more info ESPANOL.

COUCH TO 5K TRAINING GROUP
Run or walk with us in preparation for the Regis Physical Therapy Move Forward 5k (run/walk) on September 17, 2016. Every Wednesday at 10 a.m. and 7 p.m. starting June 15, 2016 at Rocky Mountain Lake Park. This is sure to be a great community of people at 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 https://moveforward5k10k.racedirector.com/
Contact: moveforward5k.10k@gmail.com or 303-458-3548.

SISTER GARDENS VOLUNTEER DAYS, CLASSES AND FARM STAND
The Sister Gardens Farm Stand starts again on May 28, 2016 and will run every Thursday evening and Saturday morning on 52nd near Federal. Buy fresh, organic produce (pay-what-you-can) grown right in your neighborhood! Join our classes and volunteer days: prepping the garden for the summer, transplanting and seeding, trellying and pruning, pesticide-free pest management, wild crafting, medicinal herbs, bee-keeping, and yoga in the garden. Check out the full schedule HERE ESPANOL.

EDIBLE LANDSCAPES
Cultivate Health is installing edible landscapes (permaculture gardens) at Aria Denver in the Chaffee Park neighborhood. These gardens are made up of fruits, medicinal herbs and flowers for a variety of uses, and are intended for residents to harvest freely. Contact us if you are interested in contributing input on what you want in the garden, and to participate with the build-out of the garden on May 21, 2016. Click HERE for more info ESPANOL.

VOLUNTEER OPPORTUNITIES
We would love volunteers to offer bike tune-ups at the May 14, 2016 family bike day. Help flyer the neighborhood to get the word out about up-coming events or interpret Spanish/English at events or classes. What other talents and skills do you have that you would like to offer? Contact Linnea Bjorkman at ljorkman@regis.edu or 303.458.3548

CULTIVATE HEALTH ZUMBA CLASSES
Every Wednesday at Beach Court Elementary. Click HERE for more info ESPANOL.

FREE CULTIVATE HEALTH BILINGUAL YOGA CLASSES
Every Tuesday at Endorphin Yoga Studio. 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 SPANISH.

HAPPENING IN OUR COMMUNITY

FEDERAL BOULEVARD CORRIDOR WIDE STUDY
Cultivate Health has joined the Federal Blvd Stakeholders Task Force to provide input and feedback for improvements to the Federal Blvd corridor within Denver City limits. The surveys and public meeting announcements are now available on the project website in English, Spanish, Vietnamese, and Somali: www.denvergov.org/federalcorridor. We hope to receive as much feedback from the public as possible.

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

CONTACT
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The Colorado Health Foundation