CULTIVATE HEALTH OPPORTUNITIES

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. denvergov.org/federalcorridor. We hope to receive as much feedback from the public as possible. Please join us for our first public meeting on Wednesday, April 27th from 5:30 p.m. to 7:30 p.m. with a presentation at 6:00 p.m. held at Abraham Lincoln High School to learn more about the study, suggest improvements, take a survey and talk with the project team.

SISTER GARDENS VOLUNTEER DAYS AND CLASSES 2016
We are excited to release our 2016 season offerings at Sister Gardens. Whether you are a practiced gardener or just getting started…we have something for YOU! Soil health, spring seeding, permaculture, sheet mulching, bee-keeping and yoga in the garden; to name a few. Check out the full schedule HERE.

ESPANOL

CULTIVATE HEALTH OPPORTUNITIES

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. Click HERE for all of the info! ESPANOL.

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 how to lead group rides, and flat-changing. We will wrap up the event with family group rides of various lengths. Contact us if you have ideas for this event. We want to make it what YOU want it to be: lbjorkman@regis.edu or 303.458.3548.

Click HERE for all the info! ESPANOL.

VOLUNTEER OPPORTUNITIES
We would love volunteers to offer bike tune-ups at the May 14th Family Bike Day. Interpreting Spanish/English at events or classes. What other talents and skills do you have that you would like to offer? Contact Linnea Bjorkman at lbjorkman@regis.edu or 303.458.3548.

THANK YOU TO ALL THOSE WHO ATTENDED LET’S GET PHYSICAL
On April 2nd, many residents came out to celebrate the installation of the Cultivate Health Fitness Zone in Zuni Park. Physical Therapy students were available to teach folks how to use the new outdoor adult fitness equipment, and provided circuit training demonstrations. Thank you to all of our community partners that provided Music, Zumba, Yoga, Activities for Kids, Food Trucks, etc. You can find the circuit trainings HERE! ESPANOL.

WELLNESS OPPORTUNITIES PROVIDED BY CULTIVATE HEALTH
Cultivate Health ZUMBA classes at Beach Court Elementary every Wednesday. More info HERE ESPANOL.
Free Cultivate Health bilingual YOGA classes at Endorphin Yoga Studio every Tuesday. More info HERE ESPANOL.

THE GREAT DENVER CLEANUP, SATURDAY, MAY 21ST, 9AM – 2PM
Denver residents: if a garage, backyard, alley or neighborhood cleanup is on your spring to-do list, don’t miss this opportunity. Haul discarded household items (furniture, appliances, bikes, carpet, etc.), household trash, and yard waste to a free drop site. Sorry, appliances with Freon (e.g. refrigerators), electronics, hazardous waste and auto parts are not acceptable. Click here or visit www.denvergov.org/kdb for more information.

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