On September 13, 2009 the headline read…

Walking group strolls to make a point

-VC Star

Por tu salud... Oxnard (Colonia)
¡Si se puede! CDPP Walking Club
How we met...
Nutrition Classes at Ramona Elementary
(by the Nutrition Education Project)
In May of 2009
Then... formed a Walking Club to incorporate exercise and make a lifestyle change.
On September 11
A Walk through Colonia
The walking club members and Colonia residents joined to learn about:

- Staying on walkways
- Keeping children safe
- Avoid becoming an easy target
- Securing your vehicles
- Hot spots
- School zone safety precautions
- The children's murals
Why?

• To empower their community
• A learning experience for Colonia neighbors and families
  – To Exercise and be Physically Active
  – To Practice Safety, and
  – To meet the officers
Participants

Oxnard Police Department
Hope Boys Outreach Program
Colonia Neighborhood council
Colonia Neighborhood watch
District 31: Crime Prevention and Outreach Program
Mothers Against Murdered Children
VC Active Aging
Mexican Consulate of Oxnard
Promotoras y Promotores Foundation
Ventura County: Area Agency on Aging
See you next time!

This was an event of the VC Public Health-Chronic Disease Prevention and Early Detection Program and the Nutrition Education Project.