



On September 13, 2009 the headline read...

Walking group strolls to make a point

-VC Star

Por tu salud...
¡Si se puede!

Oxnard (Colonia)
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:

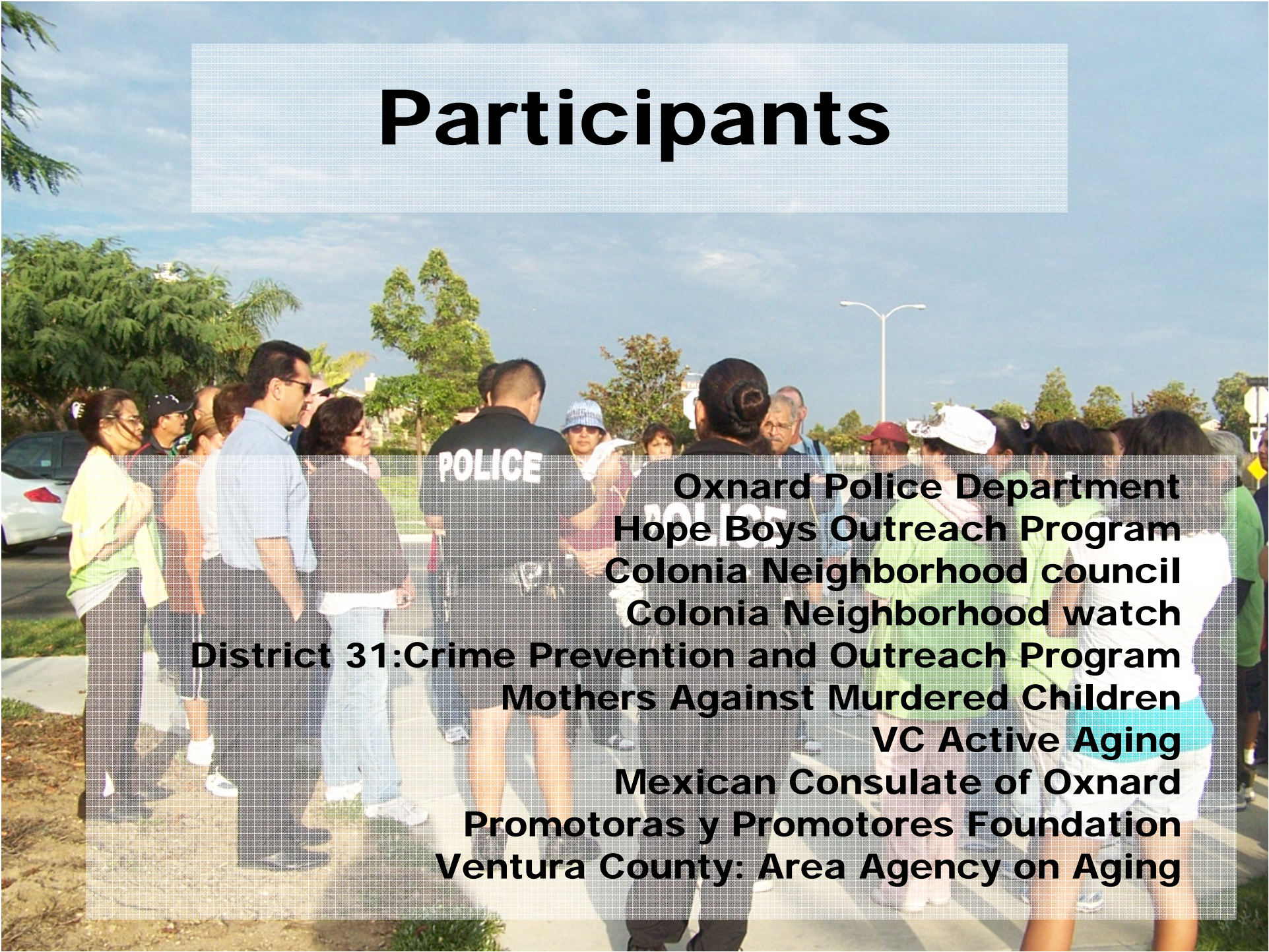
- Staying on walkways
- Keeping children safe
- Avoid becoming an easy target
- Securing your vehicles
- Hot spots
- School zone safety precautions
- The children's murals



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