
HEALTHY PARKS HEALTHY PEOPLE

HPHP: Bay Area December 2016 Newsletter

Highlights



Children playing in the water at a Nuestrros Parques First Saturday program. Image courtesy of Irma Cuevas, Sonoma County Parks.

An interview with Gwenn White



Gwenn White leading lunch time yoga at the Health Outdoors! Parks and Public Health Forum. Image courtesy of Lea Kassa, Institute at the Golden Gate.

Gwenn White is a Health Education Specialist at Contra Costa Health Services. She provides nutrition and physical activity coaching to community based organizations, health care providers, and CalFresh eligible families. Gwenn also participates in multiple regional and local collaborations throughout the Bay Area. In this [feature](#) Gwenn talks about the benefits of collaborative work within physical activity initiatives.

Collaborative updates

Next quarterly meeting

Tuesday, January 17th 9:30am-11am, location TBD

Tuesday, April 18th 9:30am-11am, location TBD

Tuesday, July 18th 9:30am-11am, location TBD

Tuesday, October 17th 9:30am-11am, location TBD

National ParkRx Day 2017

At the [October 18th](#) quarterly meeting, the collaborative decided to create a [google spreadsheet](#) for member agencies to fill out with how they would like to celebrate National ParkRx Day 2017. Please fill out this spreadsheet at your agency's earliest convenience.

Where to view the National ParkRx Initiative webinars

The Institute at the Golden Gate's 2016 Emerging Leaders Health Fellow, Lea Kassa organized a three part webinar series for the National ParkRx Initiative that examined the topics of [partnership](#), [needs assessments](#), [implementation and evaluation](#), and how they can be used when designing a Park Prescription program. To view this three part webinar series, visit [parkrx.org](#).

Upcoming First Saturday programs



HEALTHY
PARKS
HEALTHY
PEOPLE
BAY AREA

First Saturday Programs

DECEMBER 3RD

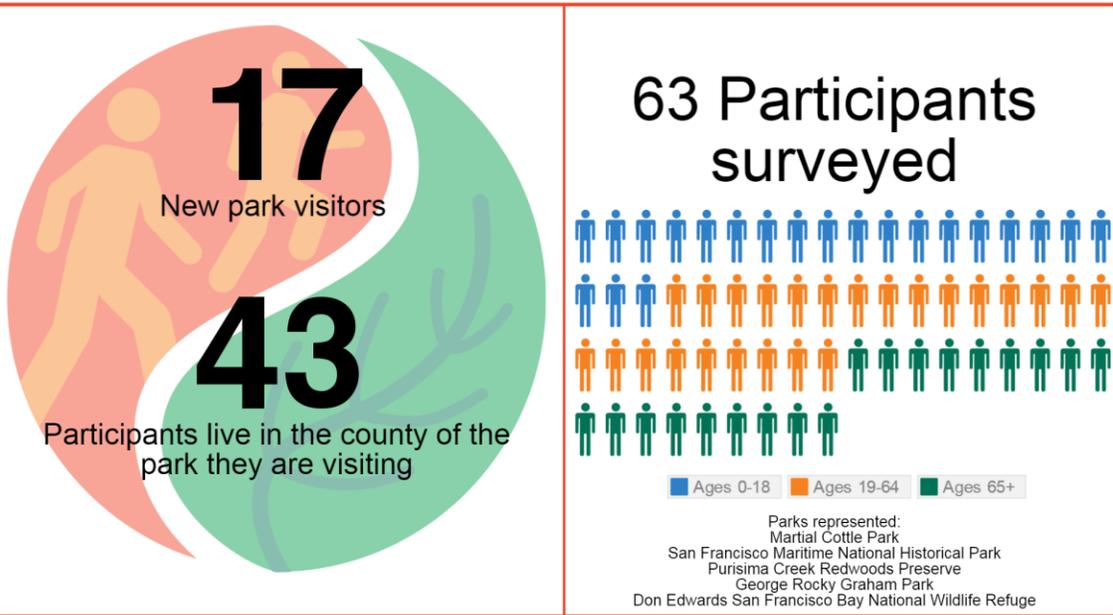
WHEN	WHERE	MAP
9:00 AM	Alviso Marina County Park, Santa Clara County	
9:00 AM	Point Bonita YMCA, Marin County	
9:00 AM	Martial Cottle Park, Santa Clara County	
9:00 AM	Old Mill Park, Marin County	
10:00 AM	San Francisco Maritime National Historical Park, San Francisco County	
10:00 AM	Stow Lake in Golden Gate Park, San Francisco County	
10:00 AM	Sonoma Valley Regional Park, Sonoma County	
10:00 AM	Coyote Hills Regional Park, Alameda County	
10:30 AM	Roberts Regional Park, Alameda County	
10:30 AM	Don Edwards SF Bay National Wildlife Refuge, Alameda County	
11:30 AM	George "Rocky" Graham Park, Marin County	
2:00 PM	George "Rocky" Graham Park, Marin County	

Healthy Parks Healthy People: Bay Area

WALKS ARE FREE, FUN, AND FAMILY-FRIENDLY!

FOR MORE INFORMATION VISIT: WWW.HPHPBAYAREA.ORG

November Site Survey Results



Download the First Saturday program graphic and post it to your social media channels using #HPHPBayArea!

[Download](#)

Funding opportunities

One-time community grants from the Health Trust

- Organization:** The Health Trust
- Status:** Now accepting applications
- Closing date to apply:** Apply at least 45 days prior to your event

Funding maximum: \$5,000

The Health Trust awards one-time grants to support events and project such as health fairs and community convenings. Grants typically range from \$250-\$5,000. Funding requests will be assessed on:

- The degree to which the event or project aligns with one or more of The Health Trust's strategies.
- The extent to which the event or project addresses an identified need or gap in the community or responds to a unique or timely opportunity.
- The number of participants and the expected benefit to them (if applicable).
- The extent to which the event or project has measurable or demonstrated results (i.e. 300 health screenings and referrals).

Professional development opportunities

Understanding Wellness: Applications for Parks and Recreation

This CEU approved online program from proValens Learning is for park professionals who want to understand the importance of wellness, how it differs from the conventional western approach to health, and how it relates to the individual journey of pursuing an optimal state of being. The cost of this course is \$59.00.

Additional resources and webinars

New resources

City Parks Are a Smart Investment for America's Health, Economy & Environment, Infographics

City Parks Alliance

Upcoming webinars

Instructor Training for Adults 50+ Physical Activity Programs

National Recreation and Park Association

Thursday December 1, 2016

2:00pm- 3:00pm EST

Reminders

Links to site surveys

The [online](#) version of the survey

[Download a physical copy](#) of the site survey.

Sign the MOU

Please sign the [MOU](#) if your agency has not already done so. If your agency is interested in signing, email Arielle at andiaye@parksconservancy.org.



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