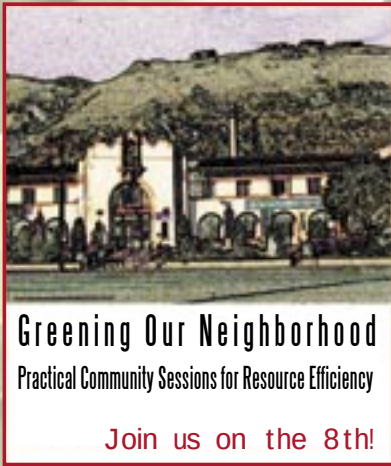




Come for one session, or stay for them all! It's up to you!
Free and family friendly. Light brunch and snacks included.

Healthy You, Healthy Environment

What: Fun, Informative Neighborhood Sessions

When: 9:00 a.m.-1:15 p.m., **Saturday, April 8**

Where: West High School (look for signs at the front entrance)

Healthy Water, Healthy You (9:00 a.m.)

Florence Reynolds, Water Quality and Treatment Administrator, Salt Lake City Public Utilities

Turn on the tap and there's fresh, clean and safe drinking water! Do you ever think about what you can do to help keep it that way? It's everybody's job, come and hear what you can do.

From the Farm, to Your Family, to Your Table (9:45 a.m.)

Kyle LaMalfa, People's Market Coordinator, and Alison Rogers, Program Assistant for Great Salt Lake Resource Conservation and Development Council and the Natural Resources Conservation Service

In the midst of our busy and complicated lives, it is all too easy to let our eating habits get defined by convenience. Similarly, it is also extremely easy to forget where our food really comes from. Come join us for a presentation on how to easily bring fresh, locally grown, and healthy foods to your table. We will talk about wonderful, inexpensive options such as the new People's Market and Community Supported Agriculture.

Start Your Own Plants (10:30 a.m.)

Jane Jensen, Enthusiastic Gardener

Learn to grow your own vegetables from seed right in your own home. It's easy, inexpensive and fun! Come for an interactive workshop with an expert gardener, where you'll actually plant your own salad greens to take home and grow. Thanks to Millcreek Gardens for donating supplies!

Safety Awareness: A Good Prescription For A Healthy Lifestyle (11:15 a.m.)

Teresa McKinnon, Community Action Team Officer, Salt Lake City

Most of us are totally unaware of what is going on around us. All too often we leave the security of our homes, vehicles and places of business distracted and focused on the here and now. When something goes wrong we ask ourselves, "why me" when we should have been asking, "what if"? Learn how practicing crime prevention strategies can assist in the reduction of day to day stressors and the fear of victimization.

Salt Lake City Gets Fit Together (11:45 a.m.)

Mark C. Alvarez, Salt Lake City Mayor's Office and Chair of Salt Lake City Gets Fit Together

Why does physical fitness seem so elusive these days? Let's talk about getting active, walking or rolling walkable and rollable communities and parks, and having fun.

An Introduction to the Art of Bicycle Commuting and Maintenance (12:30 p.m.)

Brian Price, Salt Lake City Bicycle Collective

Bicycling is a clean, efficient, fun and healthy way to commute to work or to get around your community. Learn some simple bicycle repairs and ways to make your bicycle commute easier and more enjoyable.

The Greening Our Neighborhood Project is made possible by project partners Center for Green Space Design, Salt Lake City Corp., and State of Utah Department of Natural Resources Division of Water Resources, and grant funding from the US Environmental Protection Agency. Thank you! For more info, please call facilitators at Center for Green Space Design: 483-2100.

start a salad garden (plant one up at our hands-on workshop) **learn to tune up your bike** (or find out how to get one for free)
be a physically fit urbanite (join SLC Gets Fit Together) **practice personal security** (that's right, be safe) **keep your water clean** (protect our aquifer) **locate convenient sources for fresh and healthy food** (develop healthy—and convenient!—habits)