



Tamaya Wellness Program

August 2016

What makes a Healthy Community?

Communities need to be places that encourage and promote healthy choices. The latest project addition to the Tamaya Wellness Program is focused on helping Santa Ana continue to grow as that kind of supportive community. The effort is led by a work group that has met monthly since January 2016. Work group members include staff from Tribal Enrollment, Agriculture, Natural Resources, Santa Ana Police, Transit, CHR's, Tamaya Wellness Program and others. The idea is to bring together different partners to figure out how to make healthy choices easier at Santa Ana.

Based on review of community health data and a survey of existing policies, practices and conditions, 2 focus areas were chosen:

- Develop opportunities for safe outdoor physical activity
- Promote healthy food choices in community settings

We have identified specific activities that the group could take on in support of the focus areas. The focus area and priority activities that were chosen were based on input from the community. Different partners may take the lead on certain activities - such as the Department of Natural Resources as lead on the dog ordinance.

This new work has us exploring ways in which community policies, practices, and our surroundings can support people in making healthy choices. The workgroup is looking at building on the positive things that already exist. In this way, we are growing capacity to help make sure that Santa Ana community members are surrounded by choices that make it easy for healthy eating and physical activity to be a part of everyday life.

Watch for the Monthly Calendar

What Makes a Healthy Community? (cont.)

GOAL: Make Healthy Eating and Activity a Way of Life



Recreation Path Celebration

Now that it has cooled off, it is time to celebrate the Recreation Path! Join us on Thursday, September 22 from 5-7. Activities, fun and snacks will be featured along the walking path between Dove Road and the Tamaya Wellness Center. The Transportation Department will provide maps showing routes and distances to help you plan a walking routine. Please plan to join us for a family friendly afternoon the new path. If you have any questions, please contact Perdita Wexler at 771-6770.

Tamaya Wellness Program Directory

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