

# Community Wellness Collaboration

#### Kelly Rowe Transformation Portfolio Manager Patti LaFreniere CCO Coordinator

April 30, 2014

## Overview

### Wellness Programs are ...

- Solution Focused
- Guided by the CHA and CHIP
- Identify and reduce barriers
- Incentives
- Sustainability
- Next steps

#### Kick Start Douglas County - 2014

#### Introducing...



Douglas County is a community wellness collaboration to promote exercise ealthy eating and living events, and educational classes. In fact, we've already aot more than 300 exciting events planned and you are invited to participate! All events are free unless otherwise noted. It kicks off with Zumba on the Half Shell at 6 p.m. on Wednesday, June 4 and continues throughout the summer. Visit www.umpquahealthalliance.org for

#### more information.









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anity Tennis LOD PM Park Tennis C

Pilates 1015 - 1.00 FM Roys & Cats Club, Roseburg

Outdeer Fitness Beet Camp 200 - 8:00 PM JoLane Middle School Track, Ro

TUESDAY, June 1

Tai Chi in the Park 800 AM Miste Park, Mytle Cred





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MONDAY, June 16 MCA Splashi (June 16-19) Power Walking with Bridgid



Run fo 5X and 8:00 A River Fr Register Mtp:Net Ohttp:// Yega ir moo A Stowat Commu 130 - 33 7MCA R Power MCA

JUNE

All events are FREE unless otherwise indicated Fitness Boot Camp

TUESDAY, June 10

Tai Chi is the Park 8-00 AM Milste Park, Mytle Greek

Outdoor Low Impact Fit 9:00 - 9:45 JM Fit Grove Park, Roseburg 8: 00 // Massidiana in Junio

Ultimate Striders with Judy 9.30 - 11.00 AM YMCA Risoburg

Educational Natritis Reboot Your Body

VEDNESDAY Luna

al Chi in the Park

AM Park, Mythe Cross

Pilates 1945 - 5:00 PM Boys & Gels Cub, Rosebury

Fibress in the Park 6:00 - 2:00 PM Stowart Park, Roseburg

THURSDAY, June 1

Power Walking with Bridgid 6-00 - 7-00 AM YMCA, Meet at front entrance, Re

AND PM YMCA, Roseburg

TUESDAY, June 17

Dates or Low Impa 100 - 945 AM In Grow Park Roset

Ultimate Striders with 930 - ILCO AM YMCA, Roseburg

Educational Nutrit

6:50 - 7.50 PM YMCA, Roseburg

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Pilates 12:15 - 14 Bojs & 0 \$3:00/6

Fitness 6.00 - 7 Slovat

Power 1 6:00 - 2 YMCA 1

Wellner Summit 9.00 AP Umpqua

Outde 9.00 - 1 Fir Griv

Ultimat 9.50 - 10 YMCA F

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Tai Chi 8.00 A Milste

Merries "Frequer Pre-Mo 2.30 PM Stowart

SATUR YHCA YHCA

Hike: 1 8.00 A Meet at Courtin Every or

Park, Martie Crox

kon - 6.00 PM Johane Middle School Track, Rosel - conference/drop-in basis

TUESDAY, June 24

Tai Chi in the Park 800 AM Milste Park, Myrte Creek

Outdoor Low Impact Fitness 9:00 - 9:45 AM Fit Grove Park, Roseburg 81:00/class/strop-in basis

Ultimate Striders with Jun 9:30 - 11-00 AM YMCA, Roseburg

ESDAY, June 18 In the Park	Educational Nutrition Class Store Teurs 6:30 PM
	Milbrie Park, Roseburg
Park, Myrfie Croek	WEDNESDAY, June 25
Ph.	Tai Chi in the Park
oo AM Gris Club, Roseburg class or \$20,/month	dioo AM Millishe Furk, Mjetle Creek
in the Park	Pilates 12/15 - 100 PM
naio PM Park, Raseburg	Boys & Girls Club, Roseburg \$3.00/class or \$20/month
IDAY, June 19	Fitness in the Park
IDAY, Jane 19 Walking with Bridgid no.o. AM Meet at Yort entrance, Roseburg	6-00 - 7:00 PM Stewart Park, Roseburg
	THURSDAY, June 26
ss @ Work Employer's t - RSVP: 541-440-3577	Power Walking with Bridgid
M - 3.00 FM Business Center, Roseburg	6-00 - 2-00 AM YMCA, Meet at Iron Lentrarice, Roseburg
or Low Impact Fitness	Ostdoor Low Impact Fitness
e Park, Roseburg	9:00 - 9-45 AM Fir Grove Park, Roseburg
e Hax, Hiseourg Iası, Kirop-in basis	\$1.00/class/drop-in basis
te Striders with Judy NDO AM Roseburg	Ultimate Striders with Judy 930 - NOD AM YNCA, Roseburg
for Beginners	Tai Chi for Beginners
for Beginners Khas AM Park, Cargonielle	10:00 - 10:45 AM Poneer Park, Canyozville
or Filmess Boot Camp	Outdoor Fitness Boot Camp 200 - 800 PM
lugio PM Middle School Track, Roseburg Jass/drop-in besis	JoLane Middle School Track, Floreburg \$1.003/class/drop-in basis
	FRIDAY, Jane 27
C June 20	Tai Chi in the Park
in the Park	8-00 AM Millate Park Martie Creek
Park, Myrtle Creek	
in the Park	Movies in the Park "Tay Story"
n' mie Entertaisment 1 (Movie storts at duak/9 pm) Park, Rosoburg	Pre-Movie Entertainment 2:50 PM (Movie starts at dusk/9 pm) Steam Pak. Roseburg
Park, Roseburg	
DAY, June 31	SATURDAY, June 16
Water Safety Day Roseburg	VHCA Water Safety Day Proneer Park, Congonville
ine Mountain	K9 Parsult
	5K and 10K Run/Walk 8:50 AM
parking lot between DC see and DC Library at and back threade hiles	Stewart Park, Roseburg
	Registration required. See website for cost. http://eclecticodgenacing.com/Rose- burg_X9_Pursuit_5K.html
r Ohm 30K Run/Welk	
M	Yoga in the Park 11.00 API - Nean
xks Park, Hoseburg lion required. See website for cost. Action-deerscong.com/Flan_For_ SK_TOK html	Stewart Park, Roseburg
SK_10Khtnl	Flash Fitness Deseburg YMCA 11.00 AM
the Park	Sports Authority Parking Lot, Raseburg
M - Noon Park, Raseburg	SUNDAY, June 19
W. Jane 22 unity Swim (Limited to 75)	Community Swim (Limited to 75) 130 - 330 PM YMCA, Roseburg
unity Swim (), inited to 73) 30 PM Roseburg	MONDAY, June 30
WY, June 23	Pawer Walking with Bridgid 6:00 - 7:00 AM YRCA, Next at bort entrance, Roseburg
Walking with Bridgid	
Walking with Bridgid NGO AM Meet at host entrance, Roseburg	Plates 32/5 - 100 PM

Datdoor Fitness Boot Camp 100 - 8:00 PM kilane Middle School Track, Rosebur

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	All events are FREE un	ess otherw
TUESDAY, July 1 Tai Chi In the Park 8:00 AH Milste Park, Mytle Creek	Welk for Fitness Ingo AM - Igas PM South County YMCA, Conyonvile	THURSDAY, Ja Power Walking 500-200 AM YBCA, Meet at In
Outdoor Low Impact Fitness 9:00 - 9:45 AM Fit Grow Park, Rossburg \$7:00/class/drop-in basis	Pastes 1245 - Loo PM Boys & Gris Club, Roseburg \$3.00/klass or \$20/month Fitness in the Park	Outdoor Low In 9/20 - 9:45 AM Fit Grove Park, R \$1.00/class/dro
Ultimate Striders with Judy 930 - II.00 AM YMCA Roseturo	Fitness in the Park 600 - 700 PM Slewat Park, Roseburg	Ultimate Stride 9:30 - 3600 AM YMCA, Roseburg
WEDNESDAY, July 3 Tai Chi in the Park 8 oo AM Milder Park, Nyrtie Creek	THURSDAY, July to Power Walking with Bridgid 600-200 AM YMCA, lifed at front entrance. Roseburg	Outdoor Fitner 7:00 - 8:00 PM JoLane Middle So \$1.00/class/dro
Miliste Park, Myrtle Creek Pilisten 12/15 - Acid DH Boys & Grifs Club, Roseburg 43.042/Gass or \$20/month	Outdoor Low Impact Fitness 9:00 - 9:45 AM Fit Grove Park, Roseburg 93:00/class/drop-in book	FRIDAY, July 18 Tai CN in the P 8-00 AM Miste Park, Mrt
\$3.00/class or \$20/month Fitness in the Park 6:00-7:00 PM Stewat Park, Roseburg	Ultimate Striders with Judy 9:30 - 8:00 AM YMCA, Roseburg	SATURDAY, Jul
Stewart Park, Roseburg THURSDAY, July 3 Power Walking with Bridgid 600 - 700 AM YMCA. Meet at front entrance. Roseburg	Fish Fitness III Roseburg YMCA 600 PM Rite Ad, Roseburg Valle Outdoor Fitness Boot Camp 100 - 600 RM Johane Middle School Track, Roseburg Joboqickias / drope in besis	Hike: Tipson Pe 8:00 AM Meet at parking in Courthouse and E Moderate 6-mile
VMCA Media at front entrance, Roseburg VMCA Media at front entrance, Roseburg Outdoor Low Impact Fitness 9:00 - 9:36 AM Fit Grow Park, Roseburg 9:00/Kissi (Arop-in Joasis		Pepsi River Fla 9:00 AM Atsacher Park, W
	FRIDAY, July 11 Tai Chi in the Park doo AM Minite Park, Mytte Creek	Yoga in the Par 11.00 AM - Noor Stewart Park, Ros
Utlimate Striders with Judy (5,30 - 1800 AM MUA, Roseburg Outdoor Fileness Boot Cemp 200 - doo PM Joham Hidde School Track, Roseburg 87.00/klass/drop-is Janai	SATURDAY, July 12 Mildred's Trail Dash 2014 0:30 AM	Flash Fitness Bright Night Zu 2000 PM Arts Center, Rose
	SK/9K Run - Elkhead Trail Registration regured See webste for cost, www.midtedkanpepark.org/traildash M- m <htp: td="" www.midtedkanpepark.org;<=""><td>Bright Night Ru 7:00 - 10:00 PH Arts Center, Rose</td></htp:>	Bright Night Ru 7:00 - 10:00 PH Arts Center, Rose
FRIDAY, July 4 Tal Chi In the Park BOD AM Miline Park, Myrle Creek	Yoga in the Park moo AM - Noon Stewart Park, Roseburg	SUNDAY, July 3 Community Sw 130 - 330 PM YINCA, Roseburg
SATURDAY, July 5 Hile: Baker Beach 600 AM Meet at parking int Letheren DC Courticose and DC Library Hile on Firm, wit sand	SUNDAY, July 13 Community Swim (Limited to 75) 150 - 330 PM YMCA, Roseburg	MONDAY, July Power Walking 600 - 200 AM YIICA, Meet at to
Yoga in the Pack 100 AM - Neon Stowart Park, Roseburg	MONDAY, Jely 14 Power Walking with Bridgid 6:00 - 2:00 AM YMCA, Meet at frant emparier, Roseburg	Walk for Fitnes 13:0 AM - 12/5 South County Yill
SUNDAY, July 6 Community Swim (Limited to 75) 130 - 3.30 PM YMCA, Roseburg	Walk for Fitness Ingo AM - 12/5 PM South County YMCA, Canyorwile	Pilates 1975 - 100 PM Boys & Girls Club \$3.00/cless or \$
MONDAY, July 7 Power Walking with Bridgid 600 - 700 AM YMCA, Meet at front entance, Roseburg	12:15 - LOO PM Boys & Girls Club, Roseburg \$3:00/class or \$20/month	Outdoor Filmer 7:00 - 8:00 PM JoLane Middle Sc \$1.00/class/dro
6:00-2:00-A9 YMCA Main at front initiance. Roseburg Walk for Fitness Itsto AM- rays DM South County YMCA Canyonville	Oxtdoor Fitness Boot Camp 200 - 8:00 FM JoLane Middle School Track, Roseburg \$1:05/class/drep-in-basis	TUESDAY, July Tai CN in the P 8.00 AM Milste Park, Myt
Billeters	TUESDAY, July 15 Tai Chi In the Park Roo AM Millolo Park, Mysto Crook	Outdoor Low In 9:00 - 9:45 AM Fir Grove Park, R \$1:00/closs/dro
2005 - Soo PM Boys & Grits Clab. Reseburg 83.00/class or 820/menth Outdoor Fitnass Boot Camp 2000 - 6000 PM Johane Middle School Track, Reseburg 8200/class.d/forg-in basis	Ostdoer Lew Impact Fitness 9:00 - 9:45 AM Fit Grove Park, Roseburg 9:00/class/drop-in bosis	Ultimate Stride 9.50 - 21-00 AM YMCA, Roseburg
THESDAY HAVA	BLOOPERSIATION BOINT Uttimate Striders with Judy 9:30 - 21:00 AM YIICA, Roseburg	Educational No Gluton-Free an 6:30 PM Milste Park, Ros
Tai Chi in the Park app AM Missie Park, Myrtie Creek	WEDNESDAY, July 16	WEDNESDAY,
Outdaor Low Impact Fitness 9:00 - 9:45 AM Fir Grove Park, Roseburg \$7:00/blass/drop-in basis	Tai Chi in the Park aoo. AM Milsne Park, Nyde Creek Walk for Fitness	Tai CN in the P 8/00 AM Milste Park, Myt Walk for Fitnes
Ultimate Striders with Judy 9.30 - 17:00 AM YMCA, Roseburg	m30 AM - 1235 DM South County YMCA, Canyonville Pilates	13.30 AM - 12.15 South County YM
Educational Nutrition Class Managing Your Sugar 6.30 FM YMCA, Roseburg	1015 - 1:00 PM Boys & Gris Club, Roseburg \$3:00/class or \$20/month Fitness in the Park	Pilates 12/5 - 1:00 PM Boys & Girls Club \$3:00/closs or \$
Tal Chi In the Park Boo AM Missie Park, Nyrtle Creek	Fitness in the Park 6:00 - 7:00 PM Stewart Park, Rosoburg	Fitness in the F &.co - Joo PM Stewart Park, Ro

	All events are FREE un	ess otherwise indicated
	Walk for Fitness In 30 AM - 12/5 PM South County YMCA, Canyonville	THURSDAY, July 17 Power Walking with Bridgid 6:00 - 700 AM YIKCA, Neet at bort estrance. Poseburg
	Pllates 12/6 - Loo PM Boys & Gris Club, Roseburg \$3.00/klass or \$20/wonth	YHCA, Meet at bort estrance. Forebarg Outdoor Low Impact Fitness 9/00 - 9/45 AM Fr Grove Fast, Rosebarg 81/00/class/drop-in bools
	Fitness in the Park 6:00 - 7:00 PM Stewart Park, Roseburg	St. Ocklass/drop-in basis Uttimate Striders with Judy 930 - 1500 AM YMCA, Roseburg
	THURSDAY, July to Power Walking with Bridgid 5:00 - 7:00 AM /HCA liket at front entrance. Roseburg	YBCA, Roseburg Outdoor Fitness Boot Camp 7:00 - 8:00 PM Jaliane Middle School Track, Roseburg 81:00/class/drop in basis
	Outdoor Low Impact Fitness 9:00 - 9:45 AM Fir Grove Park, Roseburg \$1:00/class/drop-in basis	FRIDAY, July 18 Tai CN in the Park
	Ultimate Striders with Judy 9:50 - 10:00 AM YMCA, Roseburg	8-00 AM Miste Park, Mytle Creek SATURDAY, July 19
	Flash Fitness III Roseburg YMCA 6:00 PM Rite Aid, Reseburg Valley Mall	Hike: Tipson Peak 8 do AM Meet at parking lot between DC Courthouse and DC Library
tug	Ostdoor Fitness Boot Camp 200 - 8.00 PM JoLane Middle School Track, Raseburg \$1.00/class / drap-in basis	Moderate & mile hike Pepsi Biver Fleat
	FRIDAY, July 11 Tai Chi In the Park 400 AM Mildo Park, Mytte Creek	9:00 AM Anachir Park, Winchester Yoga in the Park Noto AM - Neon Stewari Park, Roseburg
burg	SATURDAY, July 12 Mildred's Trail Dash 2014 8:50 AM KK M Day, Shihead Turi	Flash Fitness Roseburg YMCA Bright Night Zambo Worm-Up 200 PM Ans Center, Roseburg
	Sk/pit Run - Eikhead Xeil Negstaton required. See webste for cost, www.midredkanpepark.org.haidash M- m+htp://www.midredkanpepark.org	Bright Night Run 7:00 - 10:00 PM Arts Center, Roseburg
	Yogs in the Park ROO AM - Noon Stewart Park, Rosoburg	SUNDAY, July 20 Community Swim (Limited to 75) (30 - 3-30 PM YINCA, Roseburg
Ö	SUNDAY, July 13 Community Swim (Limited to 75) 850 - 530 PM YMCA Romburg	MONDAY, July 21 Power Walking with Bridgid 6-00 - 700 AM YIICA, Kleet at bart entrance, Roseburg
	MONDAY, Jely 14 Power Walking with Bridgid 6:00 - 2:00 AM YMCA, Most of front entrance, Roseburg	Walk for Fitness 1350 AM - 1245 PM South County YIICA, Canyonnile
75)	Walk for Fitness 1530 AM - 1215 PM South County YMCA, Canyonville	Pilates 1975 - 100 PM Boys & Girls Club, Roseburg \$300/cliess or \$20/month
	Pilates 12:5 - 100 PM Boys & Grit Club, Roseburg \$3.00/class or \$20/month	Ostdoor Fitness Boot Camp 7:00 - 8:00 PM JoLane Mddle School Track, Roseburg 81:00/class/drop-in books
bug	Outdoor Fitness Boot Camp 200 - 8:00 FM Jot.am Middle School Track, Roseburg \$2.00/class/drop-in book	TUESDAY, July 23 Tai Chi in the Park 8:00 AM Miste Park, Mytle Creek
	TUESDAY, July 15 Tai Chi in the Park Roo JM Milate Park; Myste Creek	Outdoor Low Impact Fitness 9:00 - 9:45 AM Fr Grow Fast, Roseburg \$1:00/class/drop-in basis
burg	Outdoor Low Impact Fitness 9.00 - 9.45 AM Fit Grove Park, Roseburg \$1.00/class/drop-in bosis	Ultimate Striders with Judy 9,00 - 3100 AM YMCA, Roseburg
	Ultimate Striders with Judy 9.50 - 2100 AM YNCA, Roseburg	Educational Natrition Class Gluten-Free and Why 6:30 PM Milste Park, Roseburg
5	WEDNESDAY, July 16 Tail Chi in the Park aco AM Missie Park, Myrtle Creek	WEDNESDAY, July 23 Tai CN in the Park drop AM Milster Park, Mytte Creek
	Walk for Fitness m.30 AM - 12/5 DM South County YMCA, Canyonville	Walk for Fitness 1130 AM - 1215 PM South County YMCA Conversile
	Pilates 12/5 - 1:00 RM Boys & Girls Club, Roseburg 83:00/class or \$20/month	Pilates 1215 - 100 PM Boys & Girls Club, Roseburg \$3.00/class or \$20/month
	Fitness in the Park 6:00 - 7:00 PM Stewart Park, Roseburg	Fitness in the Park 6.00 - 200 PM Stewart Park, Roseburg

- 9:45 AM	9:00 - 9:45 AM
ove Park, Roseburg	Fir Grove Park, Roseburg
/closs/drop-in bools	\$1.00/class/drap-in basis
rate Striders with Judy	Ultimate Striders with Judy
NOO AM	9:30 - ILOO AM
V. Roseburg	YMCA, Roseburg
loor Fitness Boot Camp	Outdoor Fitness Boot Camp
- 8:00 PM	200 - 800 PM
ie Middle School Track, Roseburg	JuLane Middle School Track, Roseburg
/class/drop in Books	\$L00/class/drap-in basis
AY, July 18	FRIDAY, July 25
N In the Park	Tai Chi In the Park
AM	Soo AM
o Park, Mytle Creek	Milste Park, Myrtle Ceek
IRDAY, July 19 Tipsoe Peak AM at pasking lot between DC house and DC Library srate 6 mile hike	SATURDAY, July 26 Yoga is the Park NOO AM - Noon Smean Park, Rootbarg Balay for Life NOC, Rootbarg UCC, Rootbarg
I Biver Fleat AM her Pack, Winchester in the Park AM - Noon et Park, Roseburg	UCC, Roseburg SUNDAY, July 27 Community Swim (Limited to 75) 1500 - 5530 MM VMCA, Roseburg
Pitness BRoseburg VMCA t Night Zamba Warm-Up DM ienter, Roseburg t Night Run - solido DM ienter, Roseburg	MONDAY, July 28 Pawer Walking with Bridgid 600 - 700 AM YMCA Ment at foot entrance, Roseburg Walk for Fitness
DAY, Joly 30 Marity Swim (Limited to 75) 3:30 PM A Roseburg	1:50 AM - 12:35 PM South County YMCA, Canyonville Pilates 12:15 - 10:00 PM Boys & Carls Club, Riseburg 85:00/deas or \$200/month
IDAX, July 21	Outdeor Filmess Boot Camp
rr Walking with Bridgid	200 - 8:00 PM
- 200 AM	JoLane Midde School Track, Roseburg
1, Meet at front entrance, Roseburg	\$1:00/cfass/drop in basis
l, Meet at Itorit ettranon, Roseburg	TUESDAY, July 29
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AM - rans PM	Soo AM
County YMCA, Canyonnile	Milste Park, Myrle Ceeck
no PM 8 Gris Club, Roseburg Atlass er \$20,/month	Outdear Lew Impact Fitness 9:00 - 9:45 AM Fit Grove Park, Roseburg \$1:00/closs/drap in basis
loor Filness Boot Camp -Boo PM e Mdde School Track, Roseburg /class/drop-in bools	Ultimate Striders with Judy 9:30 - ISOD AM YMCA, Romburg
5DAY, July 23 hi in the Park	Flash Fitness III Roseburg YMCA 6.00 PM Jin Down Parking Lot, Roseburg
AM e Park, Mystle Caesk loor Low Impact Filmess - 9.45 AM owe Park, Roseburg Adoux/drop-in bouls	WEDNESDAY, July 30 Tai Chi In the Park 800 AM Milade Park, Myrle Deck
ate Striders with Judy	Walk for Fitness
2000 AM	1530 AM - 1235 PM
A Roseburg	South County YMCA, Canyonville
ational Nutrition Class	Plates
on-Free and Why	1215 - 100 PM
PM	Boys & Gets Club, Roseburg
n Park, Roseburg	\$3.003/class or \$20/month
NESDAY, July 23	Fibness in the Park
Nin the Park	6:00 - 7:00 PM
AM	Stream Park, Roseburg
n Park, Mutte Creek	THURSDAY, July 31
e Park, Mystle Creek	Power Walking with Bridgid
for Fitness	600 - 700 AM
AM – 1245 DM	WICA Meet at host enzaroe, Roseburg
County YINCA, Canyonville	Outdraw Law Instance Filmman

Healthy Wednesday

THURSDAY, July 24

Pawer Walking with Bridgid 6:00 - 7:00 AM YMCA. Meet at host entrance. Ro

Outdear Lew Impact Filmess

Tai CN in the Park 8:00 AM Milate Park Metic Crock

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	Sewan Park, Roseburg
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	Outdear Lew Impact Fitness 9:00 - 9:45 AM Fit Grove Park, Roseburg 81:00/dats/drop-in basis
	Ultimate Striders with Judy 930 - 11:00 AM YMCA, Roseburg
	Outdoor Fitness Boot Camp 700 - 800 PM Johane Midde School Track, Roseburg

(	Jbe Mews-Review wednesday, may 28, 2014
	AUGUST
	All events are FREE unless otherwise indicated

Tai Chi in the Park 8:00 AM Milste Park, Myrle Creek SATURDAY, August SUNDAY, August 1 Yoga in the Park Is-DO AM - Noon Stewart Park, Rose SATURDAY, August 9 Commanity Swim (Lis 130 - 330 PM YMCA, Roseburg louglas County Fair MONDAY, August 18 SUNDAY, August 3 Yaga in the Park ILOO AM - Noon Sinwat Park Roset Pewer Walking with Bridgid 6:00-2:00 AM YMCA Next at front entrance, Ros Community Swim (1 130 - 3-30 PM TMCA Roseburg SUNDAY, August 10 Pilates 12/15 - 1.00 PM Boys & Girls Club, Ro \$3:00/class or \$20/ MONDAY, Aurust 4 Community Swim ( 1-30 - 3-30 PM YMCA, Roseburg Power Walking with Bridgid 6:00 - 7:00 AM TMCA Next at front entrance. Re Outdoor Fitness Bost Camp 200 - 6.00 PM JoLane Middle School Track, Ros HONDAY, August 11 Plates 13/5 - 10/0 PM Boys & Gifs Club, Roseburg Power Walking with Bridge 6:00 - 7:00 AM YMCA, Meet at front entrance, 1 TUESDAY, August 19 Outdoor Fitness Boot Camp 700 - 8.00 PM JoLane Middle School Track, Ros Plates 1215 - 100 RM Boys & Gels Club, Roseburg 11 conferences the female Tai Chilin the Park 8.00 AM Milste Park, Myrtle Creek Outdoor Fitness Boot Carry 700 - 800 PM Jol, ane Middle School Track, Ros Outdoor Low Impact Fi 0:00- 9:45 AM Fir Grove Park, Roseburg TUESDAY, August 5 Tai CN in the Park 8:00 AM Milate Park, Mytle Crock Ultimate Striders with Jud 9.30 - 11.00 AM YNCA, Roseburg TUESDAY, August 12 Outdoor Law Impact Films 10:00 - 9:45 AM Fit Grow Park, Roseburg 11:00 Films Mean in Amin Tai Chi in the Park BOD AM Miliste Park, Martle Creek Educational Natrition Natrition Marie Night 6:30 PM YECA, Roseburg Outdoor Low Impact Filmess 9.00 - 9.45 AM Fit Crove Park, Romburg 8.00/closs/drag in Jossis Ultimate Striders with Judy 9:30 - 11:00 AM YMCA Roseburg WEDNESDAY, August 20 Educational Nutrition Nutrition Movie Nielt Tai Chi in the Park 8.00 AM Milste Park, Myrtle Creek Ultimate Striders with Judy 9.30 - 8.00 AM YMCA, Roseburg ALSO PM YMCA Roseburg Educational Nutrition Cla Diobetes Prevention 6:30 - 7:30 PM YMCA Roseturg Pilates WEDNESDAY, August 6 12/5 - 1:00 PM Boys & Girls Club, Roseburg Douglas County Fair August 6-9, 7:00 AH Douglas County Fairgro Elfness in the Park WEDNESDAY, August 6.00 - 7/00 PM Stewart Park, Roseburg Tai Chi in the Park 8:00 AM Milste Park, Myrte Creek Tai Chi in the Park 8.00 AM Milste Park, Matte Creek THURSDAY, August 21 Power Walking with Bridgid 6:00-2:00 AM YMCA, Next at front entrance, F Plates 1215 - 100 PM Boys & Gets Club, Roseburg \$3,000/cless or \$20/month Plates IIIIS - LOO PM Boys & Girls Club, Roseburg Outdoor Low Impact Fil 0.00 - 9.45 AM Fir Grove Park, Roseburg 1.006/face/doop in hereit Filteens in the Park 6:00 - 2:00 PM Stream Dark Drawlere Fitness in the Park 600-300 PM Sharet Date Drasters THURSDAY, August 14 Ultimate Striders with Judy 9:30 - 11:00 AM YNCA Roseburg THURSDAY, August 7 Pawer Walking with Bridgid 6:00 - 7:00 AM YMCA. Next at front entrance. Re Douglas County Fair Tai Chi for Beginners Power Walking with Bridgid 6:00 - 2:00 AM YMCA, Neet at front entrance, Ro Outdoor Low Impact Fitner 10.00 - 10.45 AM Poneer Park, Catvorivillo 9.00 - 9.45 AM Fir Grove Park, Roseburg Outdoor Fitness Boot Camp 100 - 8:00 PM JoLane Middle School Track, Ro Ultimate Striders with Judy 9.30 - BOD AM YMCA Resolute Flash Fitness El Roseburg Tai Chi for Beginners 10:00 - 10:45 AM Denver Dark Concernal ioneer Days Noneer Park, Canyonville FRIDAY, August 22 Outdoor Fitness Boot Cam 700 - 800 PM Jol and MdBe School Track, Ri to photos Mars in book Tai Chi in the Park 8.00 AM Milate Park, Myrtle Creek

FRIDAY, August 15

Tai Chi in the Park

AM Park, Myrtle Creek

Readsport Farmers Market Saturdays, May 3 - October 9:00 AM - 3:00 PM Deadsout

Glide Farmers Market Tuesdays, May 20 - Octo 9:00 AM - Nison Gate

Lookingglass Fars. Fridays, Year-roun. 3:00 - 6:00 AM Roseleum

Douglas County Fair

Flash Fitness E Roseburg YMCA Flash Fitness Roseburg YHCA UNDAY, August 24 Community Swim (Lini 130 - 330 PM YMCA Roseburg HONDAY, August 25 Power Walking with Bridgid 6 OD - 700 AM YMCA Meet at front entrance. R Filetes 1215 - 100 PM Boys & Orls Club, Roseburg Outdoor Fitness Boot Camp 200 - 8:00 PM JoLane Middle School Track, Ros TUESDAY, August 26 Tal Chi In the Park 6.00 AM Wilste Park, Myrle Creek Outdoor Law Impact Fit 9:00 - 9:45 AM Fit Grove Park, Roseburg Ultimate Striders with Jud 9:30 - 1600 AM YMCA Reseture WEDNESDAY, August 27 al Chi in the Park 8.00 AM Miliste Park, Myrtle Crock Pilates to IS + Oct PM Boys & Gets Club, Roseburg Films or \$20/month Fitness in the Park 600 - 200 PM Slewart Park, Roseburg THURSDAY, August 28 Power Walking with Bridgid 600 - 700 AM YMCA Meet at front entrance, Rose Outdoor Low Impact Fi 9:00 - 9:45 AM Fir Grove Park, Roseburg Ultimate Striders with Judy 9.30 - 1500 AM VMCA Desetens Tai Chi for Beginners 10.00 - 20.45 AM Poneer Park, Caruonalie Outdoor Fitness Boot Camp 200 - 8.00 PM JoLane Middle School Track, Rose Flash Fitness TRoseburg YMCa a.oo PM Rite Ad, Roseburg Valley Mal FRIDAY, August 29 Tai Chi in the Park 8.00 AM Minite Park, Myrfie Creek SATURDAY, August 30 npegua River Run P-30 AM Sewat Park, Roseburg Registration required. See http://edectoodgeta.org.c Ever Runchted Flash Fitness ER Roseb SUNDAY, August 3 Community Swim (Limited to 75) 130 - 3:30 PM

THUR, HURLING
ROSEBURG GEOCACHE SERIE
Geocaching is a high-tech treasure hanting game using GPS do and the inless is to locate hidden containers sublemmer and down
experiences online. This series consists of five traditional & its

Fisher Days Pisneer Days Pisneer Park, Catwork

red by Roseburg Parks & Recreation - For more in Sporagrad by Annual Sporagram visit www.cityofroseburg.org events/ or call 5.0-492-6750









### Healthy Living Challenge

- 12-Week Outcome-Based Health & Wellness Program
- 3 Main Components
  - Fitness Assessments
  - Weekly Group Fitness Classes
  - Semi-Monthly Nutritional Motivational Workshops
- First 12-Week Class: Nov 17, 2014 Feb 9, 2015
- Second 12-Week Class: Mar 2, 2015 May 26, 2015

### Lessons Learned

Additional Outreach for Summer Wellness Program

• Roseburg is not Douglas County

#### • Name the Goal and Keep it Positive

o "Healthy Living Challenge" vs. "Weight Loss Challenge"

### Providers Key to Success

- Allow ample lead time
- Provide tools and resources to make referral process easy

#### • Analyze and Improve

- Lowered age limit and increased YMCA access
- Offer multiple locations for classes and workshops



#### **2033** Number of Participants



Estimated Calories Burned



"I don't know if I'll be able to keep up with them, but it's worth a try. It's better than sitting on the couch ..." Zumba participant

## Healthy Living Challenge

# 3 – 13

Range of weight loss over 12-Week Challenge

1.75%

Average Body Fat % Reduction

1-2.6%

Average BMI Reduction

### Lifestyle Improvements

- Increased water intake
- Significant reduction in soda and fast food consumption
- Increased vegetable intake
- Improved eating schedule (not skipping means, eating too late, etc.)
- Increased energy
- Improved sleep
- Increased regular physical activity

"The fitness classes are remarkable and the nutrition workshops are very beneficial. This program is helping people focus on living longer and better lives. It's giving me my life back." UHA Member and Healthy Living Challenge participant

## YOYO versus WITT Collaboration

#### You're on Your Own

versus

#### We're In This Together

~ Jared Bernstein



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