



## Your Healthy Summer (Ages 16+)

This class will teach you nutritional tips to stay healthy through the summer, especially while on the go. Learn how to prepare convenient snacks you and your kids will love, how to stay healthy and feel great while traveling and what foods to incorporate while on vacation. Instructor: Rachel Hosmer with Your Healthy Side. May 28 (Wednesday), 5:30-7pm, at Jim Barnett Park, Social Hall. Fee: \$6 R, \$9 NR. Register by May 23. *Activity# 627115-01.*

## Better Health/Digest (Ages 16+)

This seminar will teach you how to improve your health through better digestion. Learn how to mitigate pain and discomfort associated with digestion, increase energy, and improve your skin through some simple nutritional tips. Instructor: Rachel Hosmer. June 18 (Wednesday), 5:30-7pm, at Jim Barnett Park, Social Hall. Fee: \$6 R, \$9 NR. Register by June 13. *Activity# 627115-02.*

## Ladies: Learn How to Have an Easier Cycle (Ages 16+)

This seminar will teach you how to improve your cycle through some simple dietary and lifestyle changes. Learn how to mitigate bloating, irritability and heaviness while improving digestion, skin, and mood during that time of the month. Instructor: Rachel Hosmer. August 13 (Wednesday), 5:30-7pm, at Jim Barnett Park, Social Hall. Fee: \$6 R, \$9 NR. Register by August 8. *Activity# 627115-03.*

## American Red Cross CPR/AED for the Professional Rescuer (Ages 15+)

Do you want or need to be CPR/AED certified? Look no further! Winchester Parks and Recreation and American Red Cross will team up to get you certified. June 21 and August 9 (Saturday). 9am-3:30pm, at Jim Barnett Park, Arts & Crafts Room. Fee: \$45 R, \$55 NR. Register by June 14. *Activity# 622145-01, 03.*

## American Heart Association – BLS for Healthcare Providers (Ages 15+)

Do you want or need to be BLS certified? Look no further! Winchester Parks and Recreation and American Heart Association will team up to get you certified. July 19 (Saturday), 9am-3:30pm, at Jim Barnett Park, Arts & Crafts Room. Fee: \$45 R, \$55 NR. Register by July 12. *Activity# 622145-02.*

## Valley Health/ Health Coach: Free to the Community!

Valley Health is providing the Health Coach mobile unit to the community. The Health Coach provides outreach & educational services. These services include information on chronic diseases and prevention, plus they offer a range of non-invasive screenings. Location: War Memorial Building Parking Lot, Jim Barnett Park. Time: Second Wednesday of every month from 8-11am. June 11: Nutrition Education/Portion Distortion/BMI (FREE). July 9: Cholesterol, Glucose, VMI, Blood pressure and Heart Disease Screening (FREE). Will need to fast.

## Park Ambassadors Needed:

We need your help. This August 2014, the City of Winchester will host the 10-Year-Old Cal Ripken Babe Ruth World Series. This event will bring visitors from across the country to our City. The Winchester Parks and Recreation Department (WPRD) wants to display the best of Winchester with a focus on transforming Jim Barnett Park into a showplace for this event. With tight budgets and limited staff, WPRD needs all hands on deck to create the masterpiece we have imagined of Jim Barnett Park. As a Park Ambassador you would be providing selfless unpaid volunteer work that would at times be thankless. Youth, 20-20 vision, the ability to run a 5K race, and high performance are NOT prerequisites for the Park Ambassador job. Simply, a desire to make Winchester's Jim Barnett Park super awesome for the World Series is all that is necessary. Low-maintenance personalities, positive attitudes and folks that don't take themselves too seriously are encouraged to attend the Organizational Meeting.

**Park Ambassador Organizational Meeting: Friday, May 16 in the Social Hall at the War Memorial Building**

