

Introducing...

# Community Interventions for Health

A New Haven Collaborative to make a healthy New Haven!

At the



**FAMILY WEEKEND**

Saturday, June 20 \* Noon — 6pm

Sunday, June 21 \* 1 — 5pm

New Haven Green — CIH Tents

**Look for us at the CIH Tents - on the Upper Green near the Yellow Stage!**



## CREATE

## EAT



## MOVE

**for Health!**

### ACTIVITIES GOING ON ALL WEEKEND! (Saturday 12-6 & Sunday 1-5)

**CARE:** Yale-Community partnerships for a healthier New Haven



**Milagros:** Help create a community altar for healing to launch CIH!



**Prayer Flags:** Express your wish for good health in our community



**Pledge Wall:** Join your community in making a pledge for better health



**CitySeed:** Locally grown food from the Farmers' Market

**Rudd Center**



**New Haven Land Trust Garden Committee:** Learn about the importance of healthy food for yourself and your community



**StikK.com:** Join the movement and change your life!



**The Color of Words:** Be part of a collection of visual stories about health and well-being

### SATURDAY, JUNE 20

1:10 – 2



**Healthy Cooking Demo:** The Food Dude (Tim Cipriano) and New Haven Public School Students on the Yellow Stage

2 – 5



**Come Play!:** Parachute with NHPS Physical Education Teachers

3:30 – 4:15



**Balance Fitness:** Simon Says on the Yellow Stage (by Mubarakah Ibrahim)

### SUNDAY, JUNE 21

2 & 2:30



**Hispanic Health Council Presents "PANA":** Interactive puppet shows for children about healthy eating and nutrition (20 minutes)

3:30– 4:15



**Balance Fitness:** Mother/Child Movement on the Yellow Stage (by Mubarakah Ibrahim)

**An Initiative of CARE: Community Alliance for Research & Engagement**