



Fit 2 Eat Celebration

A South Valley Community Event



Free and suitable for all ages

Sunday, September 28, 2008

1:00 to 5:00 pm

Westside Community Center

1250 Isleta Blvd SW

Information contact

Gerri: (505) 873-1801

Eating Zone

Farm Fresh Tastings - sample locally grown foods
Meet the valley's fit farmers
Buy locally grown and produced foods
Food Vendors

Get Fit Zone

Salsa
Drum and Dance
Yoga
Outdoor games
Walk to Sanchez Farm / Fresh Veggie Scavenger Hunt
Skateboarding
Community Bike Recycle – Bike Raffle

Speaking Zone

Water rights, use it or lose it
Complete Streets and Active Living
Dragon Farm Youth Project
Bernalillo County Open Space in the Valley
Childhood Obesity
What is Quinoa and the Farmers Guild?
Mindful Eating
Open Dialogue: Food and Fitness in the Valley

Spanish interpretation will be offered.



Sponsored by the South Valley Food and Fitness Network with 1000 Friends of New Mexico
Rio Grande Community Development Corporation/SVEDC
Bernalillo County Parks and Recreation Department - Westside Community Center
Farm to Table
Topahkal Consultorio Medico
Major funding provided by the Kellogg Foundation