



City of Pasadena  
Parks and Recreation Department

# Partnership For A Healthy Pasadena



Date:

May 11, 2023

1:00p.m.

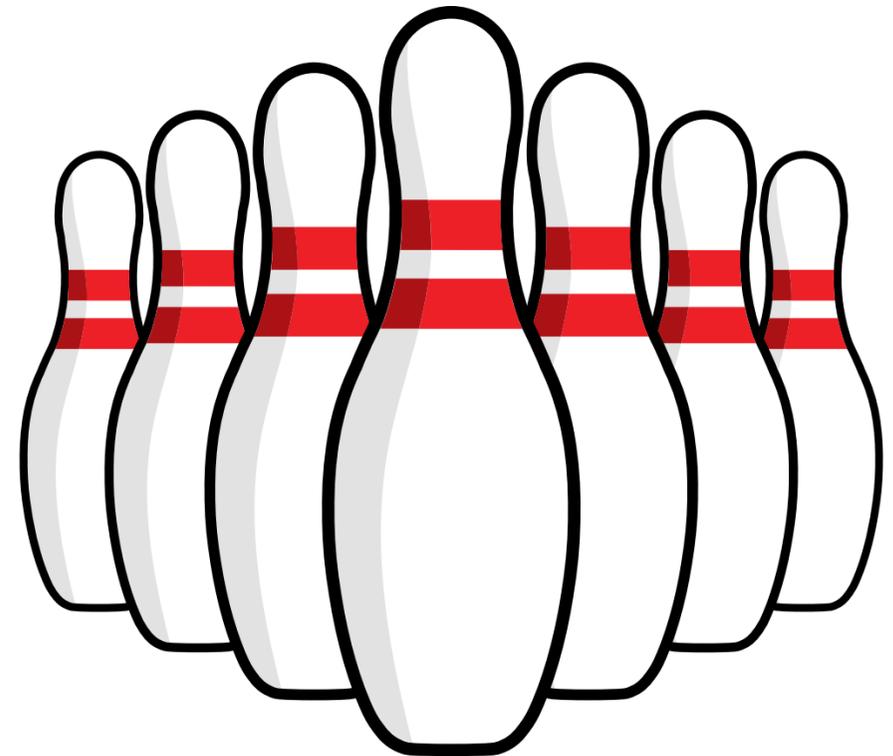
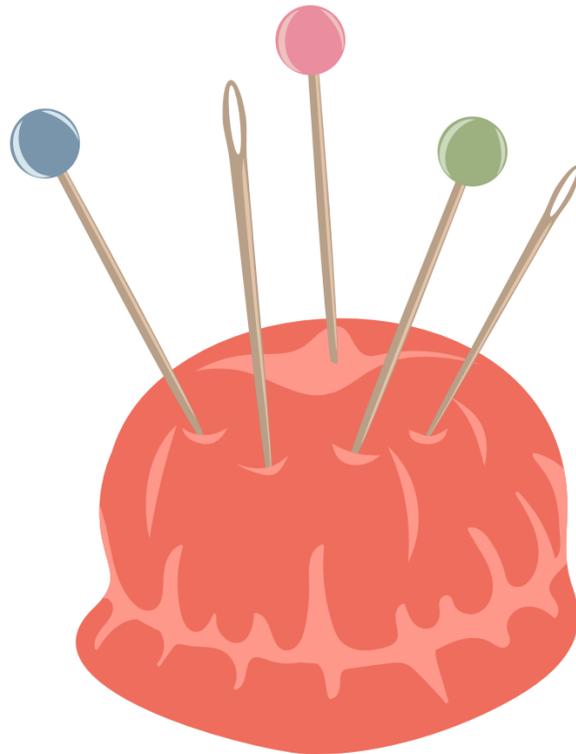
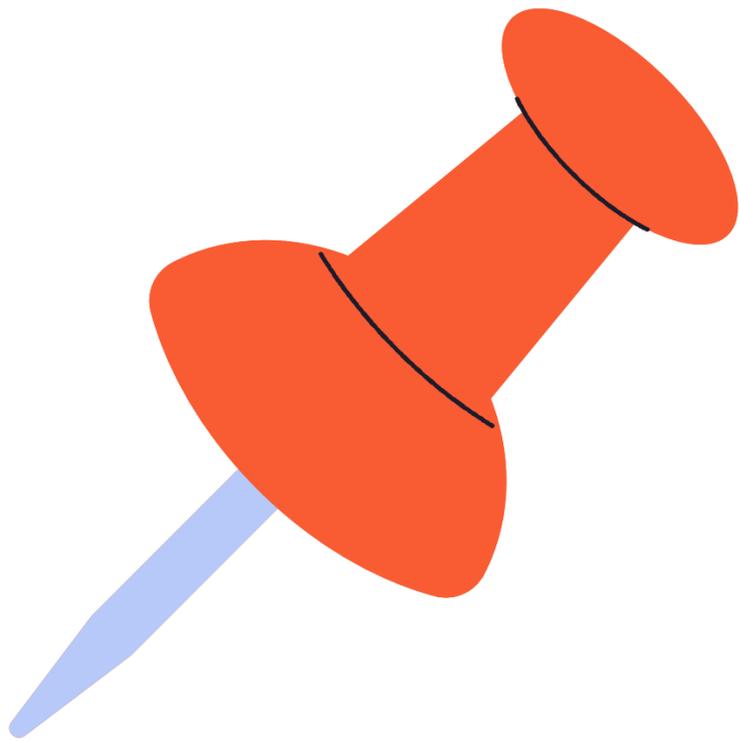
Presented by:

The City of Pasadena  
Parks and Recreation Department



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- **Introductions & Welcome Activity**
  - **Whats happening in PARKS & REC?**
  - **Guest Speaker: Harris County Mental Health**
  - **Breakout Groups: Eat. Play. Learn**
  - **Group Share & Community Announcements**
  - **Giveaways & Networking**

# Partner Pins



# MENTAL HEALTH AWARENESS MONTH calendar



Sun	Mon	Tu	Wed	Thu	Fri	Sat
<b>MAY</b> 2023	<b>Green Out</b> Wear green and check on a co-worker 1	<b>Walk 8,000 steps</b> 2	<b>LIGHTS OUT</b> Go to bed earlier than you usually would 3	<b>CHALLENGE YOURSELF TO BE BRAVE TODAY!</b> 4	Move your body in a way that feels good today (walk, run, dance, etc.) 5	Find something you enjoy and do that thing! 6
<b>SURROUND YOURSELF WITH THOSE YOU LOVE TODAY!</b> 7	<b>Green Out</b> Wear green and move to change your mood! 8	<b>Write a thank you note to someone you care about &amp; give it to them</b> 9	<b>TAKE A 20 minute WALK</b> 10	Practice forgiveness. What is something you can let go of? Who is someone you can forgive? 11	<b>COLOR!</b> 12	<b>TAKE A STEP BACK. HOW CAN YOU SLOW DOWN TODAY?</b> 13
Call a friend you haven't spoken to in awhile 14	<b>Green Out</b> Wear green and take 5 minutes for yourself. 15	Give someone a compliment about who they are as a person (highlight their uniqueness & inner qualities) 16	<b>WRITE DOWN ALL YOUR WORRIES &amp; STRESSORS</b> 17	it's time for a 5 minute dance party! Put on your favorite tunes and get moving! 18	<b>Smile &amp; say 'good morning' to everyone you see this morning!</b> 19	<b>GO ON A 15 MINUTE WALK (NO DIGITAL DEVICES) IDENTIFY 10 THINGS THAT START WITH THE LETTER 'M'</b> 20
<b>TAKE CARE OF YOUR ENVIRONMENT TODAY. PLANT SOMETHING OR PICK UP LITTER</b> 21	<b>Green Out</b> Wear green and complete an act of kindness! 22	<b>BRAIN BREAK:</b> 20 Jumping Jacks 15 Squats 10 Lunges 5 Push Ups 23	Take time to eat a fruit or vegetable you like. Focus on your body's health today! 24	<b>Ask for help with something today! You don't have to do it all alone!</b> 25	<b>DON'T CHECK YOUR EMAIL PAST 5 PM</b> 26	<b>READ AT LEAST 30 PAGES OF YOUR BOOK</b> 27
<b>SAY "NO" TO SOMETHING &amp; CREATE A BOUNDARY</b> 28	<b>Green Out</b> Wear green and do something you enjoy! 29	<b>HAVE A GAME NIGHT WITH FRIENDS OR FAMILY</b> 30	Who is your support system? Tell that person why you appreciate them! 31			

# Calendar & Coloring





# Parks & Rec Happenings



# PHP Wellness Fair & Fun Run

# FOR THE KIDS

**CITY OF PASADENA**  
**SUMMER DAY CAMP**  
 at STRAWBERRY PARK

Registration Opens: April 3  
 Register at [www.pasadenatx.gov/register](http://www.pasadenatx.gov/register)  
 Register for one week,  
 OR THE WHOLE SUMMER!  
 (May 30 - August 4)

Camp Hours:  
 Monday - Friday 8:00 a.m. - 5:00 p.m.  
 Early drop off: 7:15 a.m.  
 Late pick up: 5:45 p.m.

**CAMP CRUSH** Ages: 6-9

**CAMP KABOOM** Ages: 10-14

Pasadena Parks and Recreation  
 Athletics Division

**2023 Youth Co-Ed Track**

\*For School Aged Students: PreK - 12th Grade  
[WWW.PASADENATX.GOV/REGISTER](http://WWW.PASADENATX.GOV/REGISTER)  
 REGISTRATION IS NOW OPEN!  
 Residents: \$30 Non-Residents: \$35



**Program Information:**  
 Dates: June 12 - July 20  
 Mondays - Thursdays  
 Time: 5:30-8:00pm

**Program Location:**  
 Pasadena High School  
 206 Shaver St.  
 Pasadena, TX 77506

Questions? Call PAL Gym at 713.475.1229

**PARKS & REC ATHLETICS**

**KARATE @ PAL GYM**

**\$60**  
 for entire session.  
 Uniform not included.

**Register: May 8 - June 12**

Youth (Ages: 5-11): 6-7pm  
 Adult (Ages 12+): 7-8pm

**Class On: Monday Nights**  
**June 12 - August 7**  
[www.pasadenatx.gov/register](http://www.pasadenatx.gov/register)






**PARKS & REC ATHLETICS PAL GYM**

**REGISTER NOW**

RESIDENT: \$30  
 NON-RESIDENT: \$35

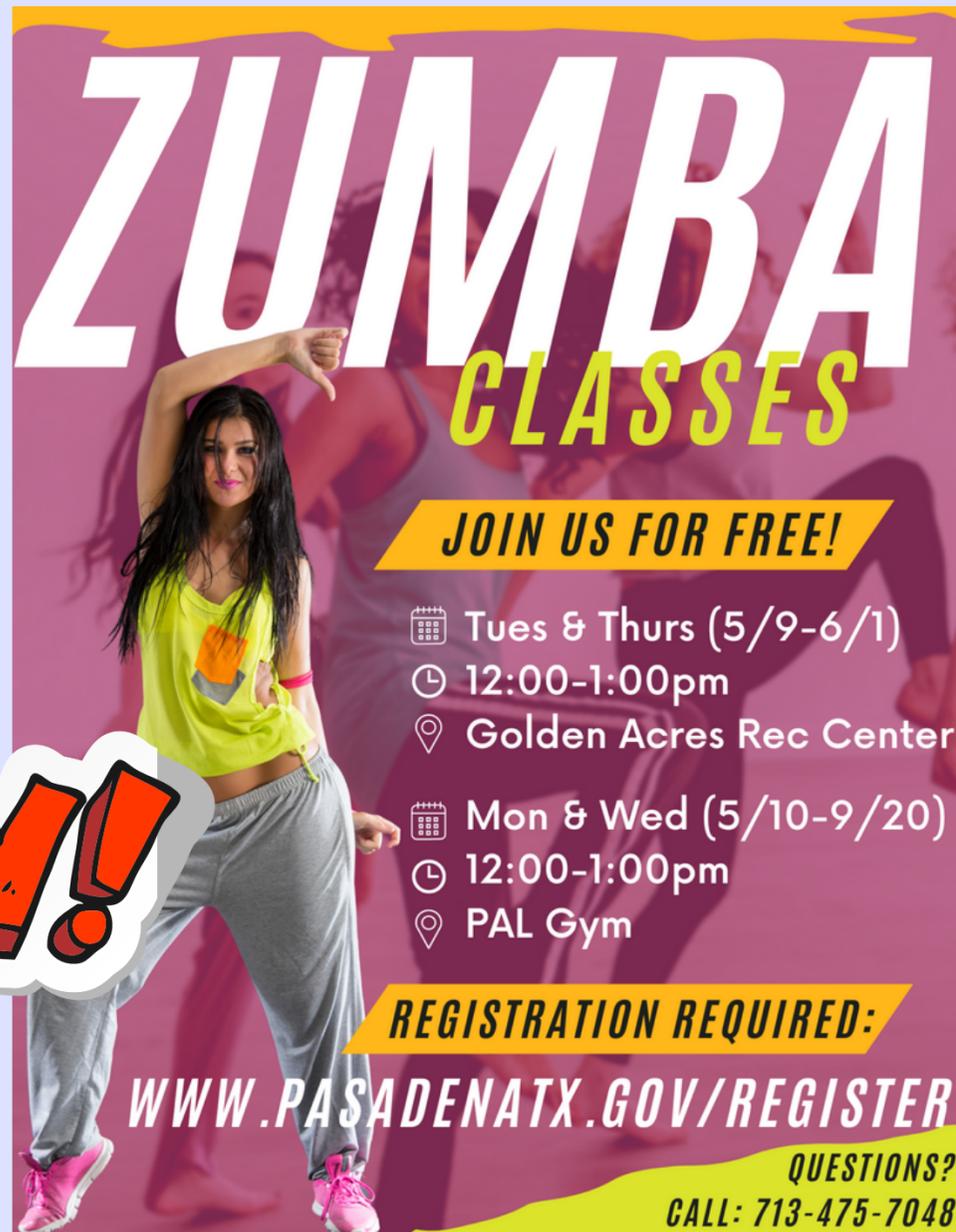
**YOUTH SOCCER**  
 REGISTER ONLINE: APRIL 3 - MAY 12  
[WWW.PASADENATX.GOV/REGISTER](http://WWW.PASADENATX.GOV/REGISTER)

**CO-ED AGES: 5-13**

Questions: Call PAL Gym at 713-475-1229 or email: [athletics@pasadenatx.gov](mailto:athletics@pasadenatx.gov)

# For the Adults:

# JUNE



## ZUMBA

### CLASSES

**JOIN US FOR FREE!**

- 📅 Tues & Thurs (5/9-6/1)
- 🕒 12:00-1:00pm
- 📍 Golden Acres Rec Center
- 📅 Mon & Wed (5/10-9/20)
- 🕒 12:00-1:00pm
- 📍 PAL Gym

**REGISTRATION REQUIRED:**

[WWW.PASADENATX.GOV/REGISTER](http://WWW.PASADENATX.GOV/REGISTER)

**QUESTIONS?**  
CALL: 713-475-7048

# NOW!



## GOAT YOGA

... AT THE PARK

**18+ ADULTS ONLY**

- 📅 JUNE 17 - 10AM @ SUNSET PARK
- 📅 JUNE 24 - 10AM @ BURKE CRENSHAW PARK

**REGISTRATION BEGINS MAY 15:**  
[WWW.PASADENATX.GOV/REGISTER](http://WWW.PASADENATX.GOV/REGISTER)

**FREE**

This event is sponsored by the Pasadena Community Coalition of BACODA. Supplemental funds provided by HHSC special grant.

**Pasadena** COMMUNITY COALITION

**GOAT YOGA HOUSTON**

**BACODA** City Area Council on Drugs & Alcohol



For the kid in all of us!!!

Pasadena Highlands Park  
400 Juanita Drive, Pasadena, TX  
77502

# The Community Garden Is GROWING --- LITERALLY!!!



# Guest Speakers



Amy Medrano, CHW  
Raquel Vela, CHW  
Nathalie Martinez, CHW

# Breakout Groups





# Group Recap & Community Events

# Women On The Move!

**Women on the Move is a research study to help women become more physically active.**

Programs on being more active, working with a health coach and health tips!



*Join Women on the Move!*

- What:** Physical activity programs
- When:** Starting now! Call to enroll
- How:** Three study visits at a local community center, health bulletins and health coaching depending on assigned group

*Why Participate?*

- Health screening
- Help you be more active
- Gift cards and a Fitbit
- All at no cost to you!

*Who can participate?*

- Women ages 18-65 years
- Able to read and speak in English or Spanish
- Participate with one eligible adult female partner who does not live in your household
- Live in the greater Houston area

Contact **713-745-1060** or email us at [womenonthemove@mdanderson.org](mailto:womenonthemove@mdanderson.org).

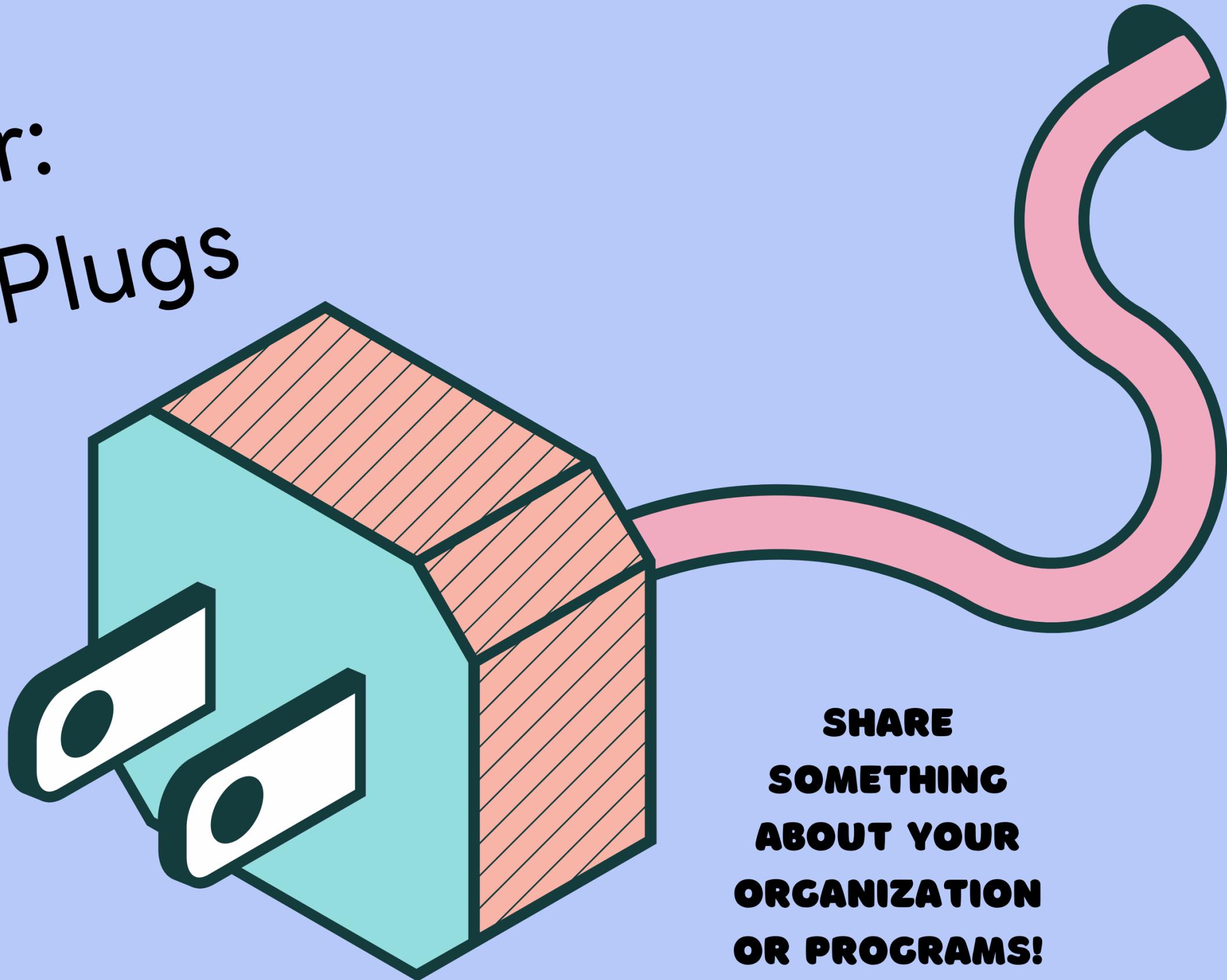
For more information, please access the following QR code or the link: <https://redcap.link/g7r6xseo>.



Dr. Larkin Strong, PhD, MPH



# Time For: Shameless Plugs



**SHARE  
SOMETHING  
ABOUT YOUR  
ORGANIZATION  
OR PROGRAMS!**

# Giveaways & Networking

**GIVEAWAY!**



City of Pasadena  
Parks and Recreation Department



**Future Meetings on Thursdays:**



**September 14**  
**December 14**



# Partnership for a Healthy Pasadena (PHP)

## Group Website

[www.pasadenatx.gov/php](http://www.pasadenatx.gov/php)

## Phone Number

713-475-4819

## Email Address

[PHP@pasadenatx.gov](mailto:PHP@pasadenatx.gov)