



P A J A R O V A L L E Y COMMUNITY HEALTH TRUST

Improving health and quality of life for all people of the greater Pajaro Valley

Summer Greetings!

Check out what we've been up to this summer and see what we have in store for this fall! We also have a new website- Enjoy!

[Visit Our Website](#)

Our Latest Activities

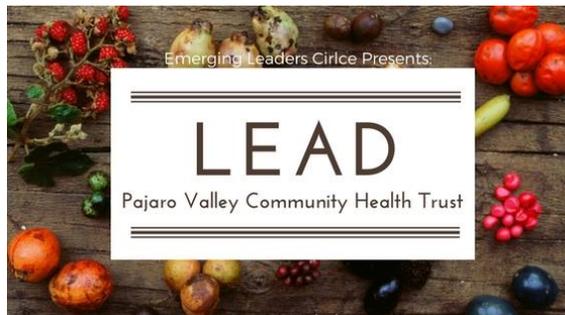
On July 26th, the Diabetes Health Center hosted a Cooking Demo featuring our amazing Registered Dietician/Diabetes Educator, Cristina Vega-Martinez and sous chef Teresa Martinez-Rodriguez, Office Manager. The demo taught attendees how to make their own yogurt and how to incorporate probiotic foods into a daily diet!

[Click For Recipe](#)

Let's get
COOKING

On June 29th, 40 people from across the County interested in discussing the definitions of health and well-being attended the Emerging Leaders Circle LEAD Event. Participants included Pajaro Valley-focused nonprofits that are working to cultivate well-being, like Salud Para La Gente, FoodWhat?!, Jovenes Sanos of United Way, and Family Service Agency.

[Catch a Glimpse of the Event Here](#)



Happening Now

Santa Cruz Oil Painters Exhibit

The Health Trust is pleased to announce a Santa Cruz Oil Painters exhibit of original artwork in the Kathleen King Community Room at 85 Nielson Street. Twenty percent of the sale of artwork benefits the Health Trust.

[Click For More Info](#)



Help Us Muralize the King Community Room

In an effort to embrace a comprehensive definition of health that includes social and emotional **well-being**, the Health Trust has partnered with local artist Jaime Sanchez to muralize the walls of the Kathleen King Community Room. Thousands of community members use the room annually, and we want to ensure it's a beautiful, welcoming place to gather.

[Click Here if You Believe Beauty Promotes Well-Being](#)



On the Horizon

The Health Trust will be working with [PVUSD](#) in the 2017-2018 school year to equip elementary school teachers and social emotional counselors with training and self-care strategies that enhance their resilience and support them to create calmer classroom environments. Stay tuned for more details as this partnership develops.

At the [Diabetes Health Center](#), we'll soon begin a year-long coaching arrangement with Qualis Associates intended to improve the quality and effectiveness of our health education and therapeutic services. We'll be looking for ways to improve patient satisfaction and diversify the types of support we're able to offer to individuals and families seeking to improve their health. Look forward to updates on our progress.



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