

Spotlight



- The Odom Park Group had a successful meeting with Odom Elementary School! The principal supports the sector's plans for improvements on the school playground and neighborhood, bringing the sector one big step closer to making their plans a reality. Residents can already find new signage in Odom Park and they will soon find amenities like trash bins, port-o-potties and drinking foundations.
- The Williamson Creek Park Adoption Group is set to begin working on their new Emerald Wood Community Garden in the near future.

GAVA Fact of the Month...

Did you know a single minute of intense exercise, embedded within an otherwise easy 10-minute workout, can improve fitness and health?

Volunteers were asked to complete a time-efficient, interval-training program using stationary bicycles. Each session consisted of three 20-second intervals, during which riders pushed the pedals as hard as they could, followed by two minutes of slow pedaling. After three of these sessions per week for six weeks, these volunteers had higher endurance, healthier blood pressure and higher levels of energy-producing mitochondria.

"Got a Minute? Let's Work Out" by Gretchen Reynolds, *The New York Times*, December 2014

January 2015

Cunningham Parent Wellness Team Discuss opportunities for Cunningham parents and faculty to get more involved with healthy food and activity initiatives for Cunningham students and families!	Tuesday, January 13 3:15 p.m. Cunningham Elementary 2200 Berkeley Ave.	Ivanna Neri GAVA Program Assistant 512.406.1272 Ivanna.neri@foundcom.org
Physical Activity Sector Meeting Join us to improve park amenities, safety, programming, and cleanliness of your local parks and green spaces!	Tuesday, January 20 6:30 - 8 p.m. El Buen Samaritano 7000 Woodhue Drive	Denise Vazquez Physical Activity Manager 915.355.4117 dvazquez@elbuen.org
Austin Interfaith Leaders Meeting Monthly meeting with GAVA partner Austin Interfaith, a non-partisan, multi-issue organization of 30+ institutions that work together to address public issues.	Thursday, January 22 7 - 8:30 p.m. Wildflower Unitarian Church 1314 East Oltorf St.	Kathleen Davis Community Organizer with Austin Interfaith 512.944.4344 kathleen@ntotx.org

February 2015

School Garden Leadership Training Help foster a healthier future for the children of Central Texas by teaching youth to grow their own food! This workshop is for teachers, parents and community members.	Saturday, February 28 9 a.m. - 1 p.m. Sustainable Food Center 2921 E. 17th St., Bldg. C	Simone Benz Food Sector Manager 512.220.1146 simone@sustainablefoodcenter.org
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About GAVA

GO! Austin/VAMOS! Austin (GAVA) is a partnership of residents, community leaders and nonprofit agencies who are devoted to improving the health of our children and community. More importantly, we are a neighborhood united for health through improved nutrition and physical activity.

Contact Us

We want to hear from you! What goals do you have for creating a healthier 78745?

What do you want to do to make a healthy neighborhood?

For more information about GAVA, to share your ideas or these meetings, contact:

Alba Sereno, GAVA 78745 Programs Coordinator at 214-799-3767 Finds us on  /GO!AustinVAMOS!Austin

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January 2015

Mendez Wellness Team Meeting

Discuss opportunities for Mendez Parents to get more involved with healthy food and activity initiatives for Mendez students and families.

Tuesday, January 13

1:30 - 2:30 p.m.
Family Resource Center at
Mendez Elementary School

Leonor Vargas

Director of the Family Resource
Center
512.841.1016
Leonor.vargas@austinisd.org

Perez Parent Wellness Team Meeting

Discuss opportunities for Perez parents to get more involved with healthy food and physical activity opportunities for Perez students and families!

Wednesday, January 21

8 a.m.
Perez Elementary School
7500 S. Pleasant Valley Rd.

Rosalinda Rivera

Parent Support Specialist
512.841.9161
Rosalinda.rivera@austinisd.org

Austin Interfaith Leaders Meeting

Monthly meeting with GAVA partner Austin Interfaith, a non-partisan, multi-issue organization of 30+ institutions that work together to address public issues.

Thursday, January 22

7 - 8:30 p.m.
Wildflower Unitarian Church
1314 East Oltorf St.

Kathleen Davis

Community Organizer with Austin
Interfaith
512.944.4344
kathleen@ntotx.org

Physical Activity Sector Meeting

Monthly GAVA sector meeting to discuss opportunities to increase physical activity and improve parks in Dove Springs!

Monday, January 26

6 - 8:30 p.m.
Dove Springs Rec Center
5801 Ainez Drive

Ladye Anne Wofford

Programs Director with Austin Parks
Foundation
512.477.1566 ext. 4
Ladye.Anne@austinparks.org

February 2015

School Garden Leadership Training

Help foster a healthier future for the children of Central Texas by teaching youth to grow their own food! This workshop is for teachers, parents and community members.

Saturday, February 28

9 a.m. - 1 p.m.
Sustainable Food Center
2921 E. 17th St., Bldg. C

Simone Benz

Food Sector Manager
512.220.1146
simone@sustainablefoodcenter.org


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Contact Us

We want to hear from you! What goals do you have for creating a healthier Dove Springs?

For more information about GAVA, to share your ideas or these meetings, contact:

Carmen Llanes Pulido, GAVA 78744 Programs Coordinator at 512-633-4312. Find us on  /GO!AustinVAMOS!Austin