



Local Health Department

News Bulletin



Wednesday, 05/13/2020

May is National Bike Month!

May is National Bike Month and the COVID-19 pandemic provides an opportunity to reconnect with your bike. There are so many benefits to riding a bike, whether you ride to the grocery store, with family around the neighborhood, or just to breathe some fresh air and enjoy peaceful alone time. Bicycling can preserve your health; plus, it's a low-impact activity, meaning it is easy on the joints. Bike riding is also good for the environment because that means fewer cars on the road and less pollution.

Don't stop riding in May, keep going. Bicycling is a fun and safe way for kids and adults to get in much needed physical activity. Whatever your motivation, let's keep the wheels turning all the way into fall!

Please visit the California Department of Public (CDPH) website for [Information for CDPH Funded CFHL Projects During COVID-19 Emergency](#) that has additional physical activity and nutrition resources and information.

For more reasons to ride or to find out more about our materials, please contact Sophia Mercado at Sophia.mercado@cdph.ca.gov.

New Training: Designing Powerful Online Meeting Experiences

Designing Powerful Online Meeting Experiences

During this COVID-19 crisis, many of us have no other option for engaging our stakeholders than to do so through online videoconferences. In this hands-on training session, you'll learn how to utilize the online platform to design meaningful, interactive experiences for your participants.

By the conclusion of this session, participants should acquire the skills to:

- Understand the fundamentals of online meeting design and facilitation.
- Design the critical elements of an online meeting.
- Identify the appropriate technology tools to use during a meeting.
- Identify and use compelling interactive visuals to engage participants.

Note: This session is not a technical training on specific tools. Instead, it is an introduction to creating meaningful online experiences. However, we will share free technical training resources, which are publicly available.

DATES: FIVE SESSIONS in June/July - Coming Soon

REGISTRATION INFORMATION: To ensure an interactive experience, we have limited registration to 25 participants per session. [Registration coming soon.](#)

CalFresh Healthy Living Training Resources

Check out the [training resources webpage](#) for the latest training information and calendar of scheduled events. Did you know we also offer nine by-request trainings? Check out the titles and complete the [training request form](#) if interested.

Prevention Institute Webinar #2: System of Prevention: A Systems Approach to Promoting Equitable Health, Safety, and Wellbeing

May 21

Nutrition Standards in Schools #2: Smart Snacks/Competitive Foods Webinar

May 28

Prevention Institute Webinar #3: System of Prevention: Aligning Sectors and Systems towards Equitable Health and Safety Outcomes

June 18

2020 Healthy Snack Day kick-off Webinar

July 1

ToP Secrets of Implementation Training

July 21

2020 Healthy Snack Day Step-by-Step Webinar for Hosts

August 12

***Coming soon!* CalFresh Healthy Living Building Blocks for Success**

Systems Approaches for Healthy Communities

Ongoing

Including People with Disabilities: Public Health Workforce Competencies

Ongoing

Online Civil Rights Training

Ongoing

CalFresh Healthy Living Training Resources (continued)

A Taste of Success: Food Tasting and Recipe Demonstrations
Ongoing

Health and Disability 101 Training for Health Department Employees
Ongoing

Breakthrough Messaging for CalFresh Healthy Living LIAs
Ongoing