



Image credit: BigStockphoto

Managing the risk factors of heart disease starts with heart-health screenings to determine preventative measures you can take to stop the progression. According to the Centers for Disease Control and Prevention ([CDC](#)), heart disease is the leading cause of death in the United States.

Be proactive about your future by taking charge of your health. Visit the *be well* Center near you during the month of April for a heart check up! Screenings include glucose levels, blood pressure, height, weight, and cholesterol levels.

Heart Screenings Date/Location

- **April 22, 2017** (9:30am to 12:30pm), MLK Recreation Center, 3880 Newport Street, Denver, CO 80207
- **April 26, 2017** (6:00 to 8:00pm), Central Park Recreation Center, 9651 MLK. Jr. Boulevard, Denver, CO 80238

[Click Here For](#)
be well
[Program Overview](#)



Block Captains



be well Block Captains' Day at The Capitol

Adult and Youth Block Captains attended the annual *be well* Day at the Capitol on March 30, 2017 where they were greeted by [State Representative James Coleman](#). Block Captains had the opportunity to observe the House and Senate in action, review important bills, as well as tour the Ralph Carr Justice Center, seat of the Colorado Supreme Court.

While at the Ralph Carr Justice Center, block captains took part in a variety of interactive games to learn more about our judicial system, including a mock court case and trying on justices' robes. Thank you to Representative James Coleman and [Representative Leslie Herod](#) for engaging with *be well* Block Captains at the Day at the Capitol.



be Epic



[Click Here to Check](#)

Out the

be EPIC

Program Video

Join the *be well* Team on April 15 for a Healthy Happy Hour - your kidneys will thank you. The *be well* [be EPIC initiative](#) revolves around identifying and addressing obstacles that prevent residents in underserved communities from engaging in physical activity. Invite friends and family to participate in a celebration and educational opportunity of EPIC proportions.

HEALTHY Happy Hour!! TONE UP FOR KIDNEYS

*Did you know 1 and 3 adults is
at risk for kidney disease?*

Learn what you can do to protect your kidneys



Presentation by Neshiyah Nash
University of Colorado Hospital

Where: New Hope Baptist Church
3701 Colorado Blvd
Denver, CO 80239

When: Saturday, April 15th
10:00 AM – 1:00 PM

FREE fitness and water infusion demos,
food samples, massages and prizes!!

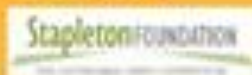
In Partnership with:



NEW HOPE
BAPTIST CHURCH
Healing Hope in Christ
Health Ministry



uchealth



For questions call Djuana Harvell 303.432.3239 or email dhavell@stapletonfoundation.org



Get in Your Zone - learn what you can do to improve your health and tone up your kidneys. [Download this flyer](#) to share with others in the community.



Image credit: BigStockPhoto

Mind & Body Wellness

Your mental and physical health are closely connected. We can't be our best if we don't take deliberate steps to improve our overall state of being. The *be well* Team has made it easy for you to achieve balance - mind and body wellness. During the month of April, **Get in Your Zone** by attending a new fitness class or pop into a wellness workshop.

It's never too late to learn and try something new. Check out the [April schedule](#) of the *be well* Center near you and make this the month you focus on achieving whole-body health.

Classes start soon, [register today!](#)





Congratulations to Four *be well* Schools Named Healthiest in Colorado

Isabella Bird Community School, McAuliffe International School, Denver School of the Arts, and Northfield High School were named 2017 Healthy School Champions and received the \$500 Excellence Award.

On March 3, 2017, 46 schools received the [2017 Healthy School Champion](#) designation and were recognized for their efforts to create healthy environments and cultivate student learning. Schools are awarded based on their implementation of best practices in school health through an assessment tool called [Smart Source](#), a narrative outlining their work, and letters of support.

[Colorado Education Initiative](#) Director of School Health Amy Dyett stated, "For the winning schools, health and wellness is embedded into the culture and systems. It's about having an intentional investment to meet the needs of their students and staff in order to achieve academically." The program has granted more than \$300,000 in awards over the past seven years in the range of \$300 to \$7,500 per school.





Denverite's Game Plan

What do you think about the condition of your neighborhood? Are you able to easily access transit to travel around the city? What could be done to improve local parks and recreation centers in your community?

Denverite is a community-driven planning initiative that offers stakeholders the opportunity to brainstorm ideas and create a vision for the landscape of our city. Last week, residents in the Montbello neighborhood were invited to take part in constructing the city's "game plan".

[Click Here to Check Out the Denveright: Your Voice. Our Future. Video](#)

If you missed the Denverite ([Montebello Recreation Center](#)) Open House, you still have an opportunity to [share your voice](#). The future of our city depends on YOU!





[Click Here to View
Tom Barrett
Comments](#)

Moorhead Recreation Center Update

The Moorhead Recreation Center project is moving full-steam ahead. We were fortunate to have Director of Parks, Recreation and Open Space for the City of Aurora Tom Barrett on hand at the 2017 *be well* Awards and Community Celebration event.





[Click Here to Check](#)
Out the New
Partners
Program Video

[The Center for African American Health](#) (CAAH) is a partner of the *be well* Health and Wellness Initiative. CAAH's mission is to improve the health and well-being of the African American community in the metro Denver area through education and advocacy efforts.

During the month of March, CAAH hosted their 15th Annual "Mind Body Soul" Health Fair Collaborative (pictured below). Participants received free health screenings, information about resources in the community, and the opportunity to participate in fun activities.

CAAH remains committed to creating new programs and collaborating with initiatives like *be well* in an effort to sustain the African American community. Visit [CAAH's website](#) to learn more about their community-based endeavors.

