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Health Expo planned at Riverside Community Church Oct. 4

Residents are invited to join their neighbors and learn about good health and wellness as part of the Healthy Living Expo planned from 1 p.m. to 5 p.m. on Oct. 4 at Riverside Community Church, located at 4850 Jurupa Ave., in Riverside.

The event is free and open to the public.

Hosted by Riverside Community Church, in partnership with Riverside County Department of Public Health and California Champions for Change, Rev. Baron Anthony Savory said his faith called him to provide residents with information and access to good health.

“Some of our families cannot afford a gym membership or don’t have a car to get to the gym. Or they have no idea how to eat well,” said Savory. “This is a chance to expose all of us to the resources that are out there and to maximize our own best health.”

The Healthy Living Expo will include gardening workshops hosted by the Nutrition Education and Obesity Prevention Program, Rethink Your Drink presentations, free health services, kids physical activities and much more in celebration of a healthy Riverside County.

Savory said that numerous Riverside Community Church attendees will be on hand to share their own expertise as health and mental health professionals, educators and physicians.

For healthy tips and to learn how you can become a Champion for Change in California, visit www.championsforchange.net or join the conversation at www.facebook.com/CaChampionsforchange.

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