

## **Eastside HEAL Zone Hosts 5<sup>th</sup> Annual Walk by Faith Event in Riverside**

Eastside HEAL Zone and the Riverside Community Health Foundation hosted the fifth Annual Walk by Faith event at Park Avenue Missionary Baptist Church on Sunday, April 29, 2018. The event brought together faith leaders and community members to promote community unity, healthy eating, active living, and spiritual well-being. Approximately 400 attendees and nine churches – 2nd Chance Ministries, Park Avenue Missionary Baptist Church, Our Lady of Guadalupe Shrine, Riverside Spanish Seventh-day Adventist, Second Baptist Church of Riverside, Iglesia Bautista Nuevo Nacimiento, St. John Missionary Baptist Church, Riverside Faith Temple Ministries/The Peacemakers and Kansas Avenue Seventh-Day Adventist Church – participated in this year's event, the largest to date.

The faith leaders met for several months to plan the event, design the walking route, and discuss strategies for outreach. The 4-mile walk included stops at all nine churches where participants learned about their mission, beliefs, ministry, activities and programs. This year, the walk included an alternative route for seniors as well as the 'Walkers in Waves' which appealed to beginner, intermediate and fast-paced walkers. In addition to the walk, the event included blood pressure and cholesterol screenings, warm-up exercises, lunch and entertainment. The faith partners assisted with activities for youth at the Kids Corner, served as walking leads, hosted prayer stops, and cheered walkers along the route. Participants offered prayers at Lincoln Park and Bordwell Park for community members and families affected by loss. These stops also serve as memorials for lives of young men that have been cut short.

The faith partners are committed to transforming the mind, body and soul of their community through these large-scale community events and by implementing healthy food and beverage policies in their parishes. 2nd Chance Ministries implemented a healthy beverage policy to serve water as an alternative at every meal in church. They also host "Healthy Sunday" on the second Sunday of every month when they promote health education and training during the service supported by scripture. After church, they continue their fellowship over a healthy meal. Second Baptist Church implemented a healthy beverage policy and diabetes workshop during Wednesday night bible study. They also adopted healthy snack and food policies to offer more healthy fruits and vegetables and limited desert options at all gatherings.

Spanish Seventh-day Adventist Church implemented a healthy beverage policy that includes spa water and salad bars for lunch options. They also moved the healthier food options to the beginning of the food line so that members fill up on healthier food first, leaving less room for unhealthy options. Different ministries across the Eastside host monthly clean-up in the community to increase opportunities for physical activity. In partnership with Riverside Community Health Foundation the churches offer health education classes that focus on nutrition, balance and disease prevention. In the future, they will offer aid and other related services for mental health, increased physical activity and community improvement opportunities. The collaborative efforts of these passionate, caring, creative and respected faith leaders and Eastside HEAL Zone continue to foster a healthy and active Eastside community.

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