



¡Salud SOL!

HCHS/SOL Newsletter

Volume 6, Number 1

Hispanic Community Health Study / Study Of Latinos (HCHS/SOL)

The Study Continues!

Dear SOL Participant,

We would like to express our appreciation for your participation in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). Because of your ongoing participation, the study continues!

As part of the largest study of Hispanic/Latino health in the United States, please continue to do the following:

- Respond to our annual phone call. The purpose of this call is to ask about your current health. It will only take a few minutes of your time.
- Inform us of changes in your home address, telephone number, and e-mail address.
- Keep a record of your hospital and emergency room visits.
- Maintain a list of current medications that you take.

Your continued participation will keep contributing to the study results and advances in Hispanic/Latino health services. Please continue helping us understand the health of our community!

In this brief newsletter, we are providing you some information about activities that are taking place in the San Diego area. Again, thank you for your contribution to the HCHS/SOL study!

Sincerely,

The SOL Team

Community Events & Resources

Familias Sanas y Activas

FREE!!!

Exercise programs in San Ysidro and Chula Vista.

Aerobics, circuit exercises, senior classes, Zumba, dance classes, and more!

For more information and class schedules, visit the following web site

http://sdprc.net/community/?page_id=55

Looking for a Fun, Free and Family Activity in Your Neighborhood?

Summer Movies in the Park is a perfect chance to relax and enjoy a safe and special night under the stars. Come early and get a good seat!

Sponsored by First 5 San Diego with the County of San Diego Parks and Recreation.

<http://www.funflicks.com/summer-movie-series/>

San Diego County Certified Farmers' Markets

Buy produce from local San Diego Farmers every day of the week!

- Local produce is fresher
- Local food supports local farmers
- Buying local protects the environment
- Buying local preserves diversity

<http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php>

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