



## HAPPY AUGUST WELLNESS COALITION MEMBERS! READ BELOW FOR TOBACCO NEWS:



**A new disposable vape called "Swype 30k" with a touch screen mimicking a phone is introduced. It offers Bluetooth connectivity, call and text notifications, wallpaper, weather updates, calculator, phone finder, and mini games. This trend may become the new standard for vape devices.**

**Please read for more: [Click Here](#)**





## Upcoming Coalition Meeting.

**Next Wellness Coalition meeting will be held  
September 10, 2024, from 10-12pm at  
The Community Foundation Epicenter 440 San  
Benito Street, Hollister Ca 95023**

**If you are interested in joining our coalition and  
presenting at our next meeting, please contact  
Javier Perez at [jperez@sanbenitocountyca.gov](mailto:jperez@sanbenitocountyca.gov)**





# ORGANIZATION

## Spotlight



### SAN BENITO YOUTH ASSOCIATION

San Benito Youth Association is a coalition that empowers youth working on tobacco-free initiatives.

- In July, the SBYA made a remarkable impact at the Youth Advocacy Conference held at Happy Valley in Santa Cruz.
- Our dedicated team of young advocates immersed themselves in a series of enriching activities, including roleplaying city council meetings & collecting valuable data on anti-tobacco efforts.
- The conference provided a unique platform for our youth to actively engage in discussions and simulations that mirror real-world policy-making processes. Their efforts in these sessions were both insightful & impactful, reflecting their commitment to fostering healthier communities.
- The San Benito Youth Association is proud of our young advocates for their enthusiastic participation & dedication. Their contributions are paving the way for meaningful change and showcasing their potential as future leaders in public health and community advocacy.



# FUEL YOUR FUN



## Peaches

Peaches are deliciously sweet and juicy. They're the best flavor and price in the summer – but you can enjoy them year round when you buy them frozen or canned.

## Fruit Crunch Cobbler

- 15 ounce can sliced peaches, drained
- 15 ounce can pear halves, drained
- ¾ cup granola
- ¼ tsp. ground cinnamon
- ¼ tsp. vanilla or almond extract

1. Combine peaches, pears, extract and cinnamon in a microwave-safe bowl. Stir well. Sprinkle granola over the top.
2. Cover the bowl with a lid or plastic wrap, leaving a small opening for the steam to get out.
3. Microwave 5 minutes on high. Use pot holders to remove the bowl.



## Need Stress Relief?

One way to stay moving and relieve stress is to participate in yoga.

Yoga can improve posture, balance and coordination, but it also enhances your focus and concentration. Kids think it is just plain fun!

# ALIMENTA TU DIVERSIÓN



## DURAZNO

El durazno es deliciosamente dulce y jugoso. Tiene el mejor sabor y precio del verano, pero puede disfrutarlo todo el año si lo compra congelado o enlatado.

## Pastel crujiente de frutas

- Lata de 15 onzas de duraznos en rodajas, escumidos
- Lata de 15 onzas de mitades de pera, escumidas
- ¼ cucharadita de extracto de vainilla o almendras
- ¼ de cucharadita de canela molida
- ¾ de taza de granola

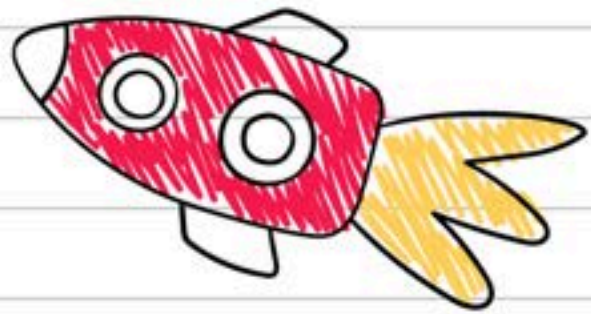
1. Combine los duraznos, las peras, el extracto y la canela en un bol apto para microondas. Revuelva bien. Espolvoree granola por encima.
2. Cubra el recipiente con una tapa o una envoltura de plástico, dejando una pequeña abertura para que salga el vapor.
3. Métalo en el microondas durante 5 minutos en máximo. Use soportes para ollas para quitar el recipiente. Deje enfriar un poco antes de servir.



## ¿Necesita aliviar el estrés?

Una forma de mantenerse en movimiento y aliviar el estrés es participar en yoga.

El yoga puede mejorar la postura, el equilibrio y la coordinación, pero también mejora la concentración. ¡Los niños piensan que es simplemente divertido!



REGISTER NOW



**5K Run/Walk at Southside Sand and Gravel • September 14, 2024**

*Benefiting the YMCA of San Benito County*





# Breastfeeding Awareness Walk

Join us for a family friendly walk around San Ysidro Park!

- Learn about traffic safety while walking with children
- Receive breastfeeding resources
- Get information about donating your extra breastmilk



**Saturday, August 24th**  
**11am- 2pm**  
**San Ysidro Park**  
**7700 Murray Ave, Gilroy, CA**

Questions? Contact Victoria at 408-817-6902



Free  
carseat  
checks

Free  
helmets



Prizes, free  
books, story  
time and  
resources!





# Caminata Para Promover la Lactancia Materna

¡Acompáñanos a dar un pequeño paseo por el Parque San Ysidro!

- Aprenda sobre la seguridad vial mientras camina con niños
- Aprenda cómo donar su leche materna extra
- Obtenga recursos disponibles para la lactancia



**Sábado, 24 de Agosto**

**11am- 2pm**

**Parque San Ysidro**

**7700 Murray Ave, Gilroy, CA**

¿Preguntas? Contacte a Victoria al 408-817-6902

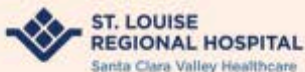


**¡Premios,  
libros gratis,  
hora de  
cuentos y  
recursos!**



**Inspecciones  
de porta  
bebe**

**Cascos  
gratis**







## ORAL HEALTH ADVISORY COMMITTEE MEETING

**JOIN US**

**AUGUST 27TH, 2024 2PM**



### TOPICS INCLUDE:

- Latest activities
- New screening results
- New Kindergarten brushing video
- Should you be eating Takis?
- Questions and answers

# Questions?

JFRUSETTA@SANBENITOCOUNTYCA.GOV



Scan here





# GAV 4 FREE!

**LAST CHANCE FOR  
FREE TUITION**



**GAVILAN COLLEGE**

*Gilroy • Hollister • Morgan Hill • San Juan Bautista • San Martin*



[bit.ly/gav4free](https://bit.ly/gav4free)





# SAN BENITO YOUTH ASSOCIATION

## COME JOIN THE YOUTH-BASED COALITION

BI-MONTHLY MEETINGS THAT ARE LIVELY, ENJOYABLE, AND INVOLVE DELICIOUS FOOD WHILE WORKING.

THIS OPPORTUNITY IS FOR YOUTH AGED 13-18 WHO WANT TO PROMOTE A TOBACCO-FREE COMMUNITY AND DRIVE CHANGE.



LOOKING TO RACK UP THOSE COMMUNITY SERVICE HOURS?



DREAMING OF A CHANCE TO EXPLORE NEW HORIZONS WHILE MAKING A DIFFERENCE IN THE WORLD?



WANT GIFT CARDS, FOOD AND OTHER INCENTIVES?

HANKERING AFTER SOME TOP-NOTCH COLLEGE RECOMMENDATION LETTERS?



**INTRESTED IN JOINING?**

CONTACT JAVIER PEREZ

[JPerez@sanbenitocountyca.gov](mailto:JPerez@sanbenitocountyca.gov)

(831) 902-9892



**Would like to share an announcement? Email our Coalition & Community Engagement Coordinator at [jperez@sanbenitocountyca.gov](mailto:jperez@sanbenitocountyca.gov)**

## **Cessation Resources**



### **Ready to Quit?**

**Kick It CA is a free program that helps Californians kick tobacco with the help of proven, science-based strategies. Take the first step toward quitting.**

### **For more information:**

**San Benito County Tobacco Education Program 351 Tres Pinos Rd,  
Suite A-202 Hollister, CA 95023 Tel: (831) 637-5367 Monday-Friday:  
8:00am to 5:00pm**

**[San Benito County Tobacco Education Program Coalitions](#)**