

Subject: News from Activate Phoenixville Area

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Activate Phoenixville Area Newsletter

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APA's Mission

Activate Phoenixville Area (APA) is a community coalition committed to changing the culture and environment within the community to foster healthier lifestyles.

JOIN OUR LIST

[Become an APA Member!](#)

Activate Phoenixville Areas' coalition is comprised of the following organizations:

- Phoenixville Community Health Foundation
- Phoenixville Hospital
- Phoenixville

Activate Phoenixville Area Members -

While we hope you are enjoying the seasonal relaxation, slowed pace, and time outdoors that summer brings, we invite you to think about the fall for a moment. APA is excited to share with you some incredible opportunities to make a difference in the lives of young people in Phoenixville this coming school year:

- 1. Coach Girls on the Run or Girls on Track**
- 2. Pack a backpack for a student in need**
- 3. Advocate to help improve school meals locally and nationally**

Read below to find out more...

MAKE A DIFFERENCE IN A GIRL'S LIFE...BE A COACH! Girls on the Run/Girls on Track

This fun, life-changing after school program for girls in grades 3 to 8 combines training for a 5K run with lessons that inspire girls to recognize and celebrate their individual talents. Volunteer coaches are needed at schools throughout the Phoenixville Area.

If you are interested in changing the lives of young women in Phoenixville, please contact Shannon Mannon.

Pack a Back Pack Project

Each year Phoenixville Community Education Foundation provides school supplies and backpacks for needy students in the Phoenixville area who otherwise would start the new school year without the required materials. Donations are currently being collected at two Phoenixville Federal branch offices (533 Kimberton Rd & 120 Main Street, Phoenixville).. The following supplies can be donated:

- Binders, Glue Sticks, #2 pencils, pens, and erasers

- YMCA
- Stepping Stone Education Center
- Phoenixville Area School District
- Phoenixville Borough
- Phoenixville Community Education Foundation
- Message of Hope
- NovaCare, Phoenixville

- Pencil boxes/cases, Yellow highlighters
- Crayons and colored pencils, Composition notebooks
- Pocket folders, Post It notes, Rulers and scissors
- Dry erase markers, Notebook paper
- Pocket dictionaries, Backpacks

OUR SPONSORS

Activate Phoenixville Area is grateful to our sponsors for the support they provide to our community programming:

- *Phoenixville Community Health Foundation*
- *Phoenixville Federal Bank & Trust*
- *Trinity Benefit Advisors*
- *Curves of Phoenixville*
- *Passion for Fitness*

Advocate for Healthier School Meals:

Earlier this year, we saw an exciting step forward for school food reform when the USDA proposed updated school food nutrition standards. These updates are critical to the health of millions of children, given increasing childhood obesity rates and the substantial role school meals play in children's diets.

However, some members of Congress are attempting to stop the USDA's efforts to complete this process and improve school meals.

Now is a critical time to raise your voice to help ensure that the USDA is able to move forward with these important standards.

Our friends at the Center for Science in the Public Interest have created an excellent action alert on this issue.

[We encourage you to take action here!](#)

Don't forget to "like" APA:

Activate Phoenixville - Nutrition Corner

Recipe Center

Healthy tomato recipes for the season's bounty

Fresh, sun-ripened tomatoes not only taste wonderful, they are an excellent source of vitamins C & A, potassium and fiber. Tomatoes are also high in lycopene, which aid in disease prevention. Slice one up and get cooking one of our healthy tomato recipes tonight!

[Tomato Corn Pie](#)
[Baked Parmesan Tomatoes](#)

Get Active Calendar

August 6 - Phoenixville Green Earth Festival Schuylkill River Trail from 9am to 2pm. [Click here for more information](#)

August 6, 13, 20, 27 - Phoenixville Farmer's Market 9 am - 1 pm at Taylor Alley.

August 6 - Local supplier Farm Tour with Kimberton Whole Foods at Vollemecke Orchards 2:30 - 4:30 PM.

[Register Here](#)

August 13 - Kimberton Whole Foods Community Day, 12-4 pm. Free dessert for all, Taste Mania for Kids workshop, and more. [Click here for more information](#)

August 17- Fundraiser for The Clinic at Steel City Coffehouse. 3 Bands, \$8 admission, doors open at 7 pm.

[Click here for more information](#)

August 25 - Free Back to School Vaccines from 9:30 am - 3:30 pm at Coatesville Center for Community Health. [Click here for more information](#)

Wednesdays in August - Tai Chi Classes 6 pm in Reeves Park, Phoenixville [Click here for more information](#)

Saturdays in August: Tai Chi Classes, 9am - Beginners, 10 am - Intermediate at Main St. Chiropractor, Trappe [Click here for more information](#)

Fridays in August - Community yoga, Gateway Bodyworks & Wellness Center. 6:30 - 7:30 pm, proceeds benefit local charities. [Click here for more information](#)

August - Zumba, from 6:30 - 7:30 pm Tuesday and Thursday nights at Stepping Stone Education Center, just \$5! [Click here for more information](#)

September 14 - 21 - Chester County senior games - [Click here for more information](#)

Fitness Forum

Summer Time Games

Summer is upon us, the kids are out of school and there are a lot of daylight hours to fill. How about some fun outdoor games from the past?

These summertime games are guaranteed to bring out the young soul in you! And who doesn't have fond memories of warm summer evenings playing Kick the Can? Our partners at America on the Move have compiled the

games of our childhoods.
Here is a list of ideas:

- Tug of War
- Mother May I?
- Red Rover
- Frisbee Tag
- Kick the Can
- Plan a scavenger hunt
- Make a hopscotch board
- Test your skills at jump rope or Chinese jump rope

Even running through the sprinklers and looking for ladybugs can be a fun way to squeeze in more activity without your kids even realizing they are getting more fit. Now get outside and have some fun! Not "it"!

[Click here to read more about Summertime Games](#)

Free Yoga Voucher!

Have you always wanted to experience the health, peace of mind, and boundless enthusiasm for life that comes from yoga? Now is your chance! Phoenixville Area yoga studios have partnered to offer YOU a free chance to experience yoga!

Simply click here to download your [Free Community Yoga Voucher](#)

This newsletter gets translated in Spanish. If you would like a copy of the newsletter **en Espanol**, please let us know at the contact information below.

Sincerely,

Shannon Mannon
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**Save
25%**

If you are using a special coupon or promo code, include it here. Or, indicate if the coupon must be printed and presented in person. Is the coupon transferable? If so, encourage recipients to share the offer with friends and family to maximize the viral effect of the coupon. Add a "Register Now" link to your website with more information.

Offer Expires: Enter Expiration Date here

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