

JOSIE'S Weekly Update

NEWS FROM 5TH DISTRICT SUPERVISOR, JOSIE GONZALES



Your weekly update from the office of Fifth District Supervisor Josie Gonzales



Board of Supervisors launch Give BIG

April 30, 2014—The Board of Supervisors gathered at the County Government Center on Wednesday to promote Give BIG San Bernardino County. Click the [image above](#) to watch the video. The fundraiser begins May 8, visit GiveBIGsbcounty.org now!



This week's events

Saturday, May 3

Reduce Your Risk of Stroke
Free screening and assessment event

Stroke is the fourth-leading cause of death in the United States and the leading cause of serious, long-term disability.

What: Receive a free stroke assessment and learn what you can do to lower your risk and recognize the warning signs.
(Due to time constraints, only the first 200 attendees will be screened.)

When: - Saturday, May 3, 2014
- 10 a.m. - 2:00 p.m.

Where: Arrowhead Regional Medical Center
Outpatient Care Center, Lobby
400 North Pepper Avenue, Colton

Screenings:

- Height
- Weight
- Nutrition counseling
- Blood pressure
- Body mass index
- Stroke assessment
- Blood sugar
- Cholesterol
- Diabetes education

ARMC Physicians will review screening and assessment results to determine your risk for stroke.

Light refreshments will be served. No food/drink services will be provided. Kettle prices. Free parking available at ARMC. For more information, please call 909-940-4155.

ARROWHEAD REGIONAL MEDICAL CENTER
The Heart of A Healthy Community
www.arrowheadmedicalcenter.org

Click the image above to enlarge, for more information.

Sunday, May 4

Fruit park opens in San Bernardino

April 26, 2014—Click the image above to see the video. With a wealth of help and support from the community, the Incredible Edible Community Garden planted the Nicholson Community Fruit Park last Saturday. The park now features a variety of fruit trees in the front and will soon house a garden as well. Once complete, the park plans to incorporate a work training program for local youth.

For more information, visit iecgarden.org

Region-wide Science Project on May 8



Click the image above to view [the video](#) on [University of California Agriculture & Natural Resources'](#) science project!



Click above to enlarge for more information.

Thursday, May 8



Click the image above for details.

<http://www.sbcounty.gov/>