



# NEWS RELEASE

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## New. Better. Best.

### FOR IMMEDIATE RELEASE

June 12, 2018

### **Menifee Participates in the Valley Health Coalition – A Regional Health Initiative**

MENIFEE–The City of Menifee is thrilled to announce its collaboration with the cities of Temecula, Murrieta, and Lake Elsinore for a new regional health program! The organization, Valley Wellness Coalition (V.W.C.), will provide free fitness activities at the local parks of all the participating cities during the summer of 2018 for the residents of these local communities. The program seeks to inspire healthy living, motivation, and community engagement amongst all members of the Valley communities.

Murrieta will start the week with KickFit Mondays at Vintage Reserve Park (26637 Kingwood Rd., Murrieta CA 92563). The classes will be offered on Mondays from July 2<sup>nd</sup> – 30<sup>th</sup> from 6 p.m. to 7 p.m. The KickFit program seeks to provide self-defense lessons, a semi-vigorous workout (including bag work, combo techniques, and partner drills), and limited martial arts/kick-boxing movement training. Each day will feature a cardio warm up, self-defense theme, and interactive workout drills. Attendees are asked to bring comfortable workout clothing and water. For more information, please contact the City of Murrieta at [csd@murrietaca.gov](mailto:csd@murrietaca.gov) or 951-461-6121.

Tuesday Tennis will be offered at Spirit Park (25507 Normandy Rd., Menifee CA 92584) in Menifee. Classes will be held on Tuesdays from June 12<sup>th</sup> – July 24<sup>th</sup> from 6 p.m. to 7 p.m. The Menifee Community Services Department will be hosting Tennis for newcomers who wish to learn the basics of tennis as well as intermediate players who wish to improve their skills. Tennis balls will be provided; however, players will have to provide their own racquet and water. For further information on tennis, please contact the City of Menifee at 951-723-3880 or [communityservices@cityofmenifee.us](mailto:communityservices@cityofmenifee.us).

Temecula will be hosting Yoga in the Park on Wednesdays from 6:30 p.m. to 7:30 p.m. at Harveston Community Sports Park (28582 Harveston Dr., Temecula CA 92591). The classes will be held from June 13<sup>th</sup> – July 25<sup>th</sup>, with the exception of July 4<sup>th</sup>. Yoga in the Park is the perfect opportunity to practice mild poses, focusing on breathing techniques, mindfulness, and stretching in a calm and relaxing environment. Those who wish to participate are required to bring their own yoga mat and water. Any questions can be answered by contacting the City of Temecula at 951-694-6480 or emailing [classes@TemeculaCA.gov](mailto:classes@TemeculaCA.gov).

The week will conclude on Thursdays with Sunset Beach Yoga in Lake Elsinore. Yoga will be held at Elm Grove Beach (500 Lakeshore Dr., Lake Elsinore CA 92530) from June 21<sup>st</sup> – July 26<sup>th</sup> at 6:30 p.m. to 7:30 p.m. The series is an introduction to yoga, led by Just Yoga Corona/Wildomar, for those wishing to expand their fitness experiences. The beach location will allow you to connect with nature, while nurturing yourself with an invigorating physical practice that liberates stress from the body. It is also the perfect time to sit on the sand and engage with the community. Participants must bring their own yoga mat or beach towel. To reach the City of Lake Elsinore with further inquiries, call 951-245-0442 or email [recreation@lake-elsinore.org](mailto:recreation@lake-elsinore.org).



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“This multi-city collaboration is an excellent opportunity to get active and start – or continue – a healthier lifestyle, while spreading community engagement amongst members of the local communities. It is great to see the cities partnering for the betterment of the entire region,” said Jonathan Nicks, Community Services Director. “Many residents live and work in our region, and this partnership showcases how we are all collectively working together to provide healthier community activities and lifestyle choices for residents.”

Pre-registration is not required, but is requested. There will be registration forms on site; however, those who pre-register for the activities will be put into a raffle to win various prizes (one raffle per city). Online registration can be made with the City hosting the desired event. If you are attending multiple events, please register with each city. “Passports” will be handed out to attendees and will be stamped by each city when you attend one of their events. For those that attend every City’s activity and receive each stamp, followed by turning in their passport (they may be turned in to any participating city), they are eligible to win a grand prize from a raffle held at the end of the sessions.

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**ABOUT MENIFEE:** *Situated in the heart of southern Riverside County along Interstate 215, Menifee is a vibrant, new city of more than 90,000 residents who enjoy a pleasant year-round climate, abundant recreational offerings, reasonably priced housing and convenient proximity to some of Southern California’s premiere attractions and employment centers. Within its 50 square miles, Menifee’s business, retail and entertainment outlets are starting to shape the community’s character and this growing economic base is also contributing favorably to the city’s strong financial position. Menifee’s growing family-oriented population values the city’s ongoing commitment to public safety, community events and smart growth for the future. All of these elements are working together to support the city’s strategic vision to make Menifee one of the state’s most promising new cities.*