



# GROWING FOR PROFIT workshop

Wednesday, May 6 and  
Thursday, May 7

3-6 p.m.

SEED Center  
4310 Ryan Street, Lake Charles

## Growing for Profit Workshop Set for May 6 and 7

The Partnership for a Healthier SWLA and the SWLA Economic Development Alliance will host a 2-Day “Growing for Profit” Workshop on May 6 and 7, from 3 – 6 p.m. each day in the SEED Center at 4310 Ryan Street in Lake Charles. The workshop will provide a unique opportunity for beginning farmers, small plot farmers and anyone interested in learning about the basics of successful growing in Southwest Louisiana and profit from that yield. Participants are encouraged to attend both afternoon sessions.

Some of the topics that will be covered include local growing seasons, planting guide, hoop houses, raised beds, container gardening, and business plan and profiting from the yield produced. Representatives from governmental and non-governmental groups and agencies will be on hand to discuss basic, technical and financial assistance programs offered in Louisiana. These include the Dept. of Ag—Grow Louisiana, CSA vegetable producers group, USDA—Natural Resources Conservation Service (NRCS), USDA—Rural Development (RD), USDA—Farm Service Agency (FSA), SEED Center Resources, USDA—Agriculture Marketing Resources (AMS), Louisiana Dept. of Ag, and Southern Ag. The \$20 fee includes workshop materials and healthy snacks and pre-registration is required. Go to [EventBrite.com](http://EventBrite.com) (Growing for Profit, Lake Charles) or call 337-478-4822.

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## Eat Healthy Welcomes Pops and Rockets

The Eat Healthy team is proud to be partnering with the unique and up-and-coming, Pop and Rockets! Our newest Eat Healthy SWLA partnering business is devoted to offering kids and adults alike "gourmet tour de force fresh flavors frozen popsicles on a stick." Pops and Rockets can be found at the Cash and Carry Farmers Market on Tuesdays from 4 to 6 PM, as well as online pick-up ordering from their downtown Pop Lab, located at 104 West Pujo Street. Check out our new Eat Healthy partner at [www.popsandrockets.com](http://www.popsandrockets.com) for flavors, details, and deals. Crave your sweet tooth with a healthier choice, and launch a Pop today!

## Calcasieu Parish Police Jury Installs Fitness Stations at Prien Lake Park

Here's another reason to take your workout regimen outside. The Calcasieu Parish Police Jury installed brand new, high quality fitness stations along the walk way at Prien Lake Park. Residents are invited to try out the new equipment and add a variety of exercises to get a total body workout. Each fitness stop features a different exercise that will allow you to isolate different parts of the body. Residents can now exercise from head to toe from arms, to shoulders, legs and the back. Add a variety of cardio or stretch exercises to your morning or evening jog as well. Each fitness station comes with instructions on how to use the equipment properly and get the most out of the exercise too.

## WCCH Hosts Healthy Meals in Minutes

The menu for the "Healthy Meals in Minutes" Cooking Demo was skillet chicken with salad greens and for dessert, fresh berries with balsamic drizzle and almond cream all prepared using Crave products. Students from Unitech Training Academy and Seniors from the Cameron Parish Council on Aging was also present for the demo. If you would like your group to be a part of the next cooking demonstration on July 21st contact the Dieticians at West Calcasieu Cameron Hospital.



## Reallity Challenge Wraps up in Lake Charles

The fourth annual "ReALLIety Challenge" was held at a new venue this year, the Chennault International Airport. It's known as Southwest Louisiana's dirtiest party of the year. The 3.5 mile mud run is similar to military training conditions with climbing, crawling, and running. "Lake Charles needs it," said participant Gabrielle Welch. "We need to be muddy. We're clean all the time. We like mud!" About 1,500 people took part in the obstacle course and the run is growing every year. "I've done it for three years straight and I think it's just fun to come out here and get muddy every once in a while," said Welch. The run works in conjunction with The Mission Continues, a non-profit organization that helps veterans find employment when returning home.



## Start Walking Calcasieu! CITY CHALLENGE

April 25 @ 9AM  
Dequincy-Baseball/Softball Complex at Union Pacific Park

May 2 @ 9AM  
Westlake-Pinederosa Park

May 9 @ 9AM  
Sulphur-The Groves at Heritage Square



May 16 @ 9AM  
Lake Charles-Lake Charles Civic Center Promenade

May 16 @ 9AM  
Iowa- Iowa City Park

May 23 @ 9AM  
Vinton-Vinton High School Track and Field



Help your City WIN the Challenge by participating in a Walk With Your Mayor Event listed above OR by making a pledge online at [www.healthierswla.com](http://www.healthierswla.com)



## Fun Facts

37.3 % Obesity Rate in Calcasieu Parish

382 Text for Health Campaign Subscribers

586 Likes on Facebook

PHSWLA

ISSUE 004 April 2015

## Upcoming Events/Volunteer Opportunities

### Growing for Profit Workshop at the Seed Center 5/6 & 5/7

Are you a small farmer or hobby grower? If so, this workshop is for you. Join us on May 6 and 7 for a Growing for Profit Workshop at the Seed Center located at 4210 Ryan St. Lake Charles from 3p.m.-6p.m.



### City of Lake Charles Health Screening and Health Fair May 5-7 7:00a.m.10:00 a.m..

The Health Screening and Health Fair will be held at the Lake Charles Civic Center from 7:00 a.m. to 10:00 a.m. If anyone would like to volunteer to work the Partnership booth please call/email me.

### Royal Arch Mason Community Health Fair May 9th 9:00 a.m.

The Masons of Habibi Temple will host their first ever community health fair for North Lake Charles residents. The Partnership will host a booth and share nutrition and physical activity information.

## Partnership for a Healthier SWLA

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