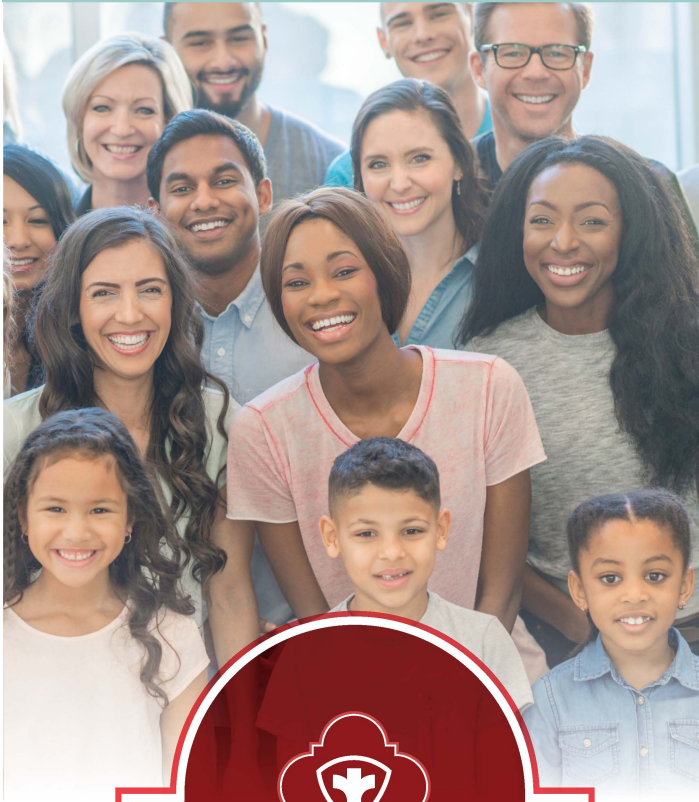


PHYSICAL FITNESS & HEALTHY EATING

District 4 Guide



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT



Por Vida

Metro Health's iPor Vida! Program recognizes local restaurants for creating healthy environments through good nutrition, sanitation, sustainability, and community development. Get the full flavor and convenience of dining without sacrificing good nutrition and health. When you choose "iPor Vida!", you make a better choice "For Life!"

porvidasa.com

(210) 207-2722

Healthy Corner Stores

The Healthy Corner Stores program works with locally owned corner stores to sell fresh fruit and vegetables in neighborhoods across San Antonio with limited access to produce. As a result, community members have increased access to affordable and healthy produce in their neighborhoods. As of 2022, there are 33 Member Stores in the Healthy Corner Stores program.

www.sanantonio.gov/HealthyCornerStores

(210) 207-8645

Diabetes Prevention & Control

Diabetes has become more of an issue in San Antonio & Bexar County. We offer services free to the community to help prevent and control diabetes, helping you to live a longer healthier life.

diabeteshelpsa.com

(210) 207-8802

WIC

WIC is the non-emergency Special Supplemental Nutrition Program for Women, Infants, and Children. If you qualify for WIC, you can receive food benefits (redeemable at grocery stores for certain nutritious foods), nutrition education and counseling, breastfeeding support and health care referrals at no cost. WIC services are available to pregnant, postpartum, and breastfeeding women, infants and children younger than 5 years old.

sanantonio.gov/health/healthservices/wic (210) 207-4650

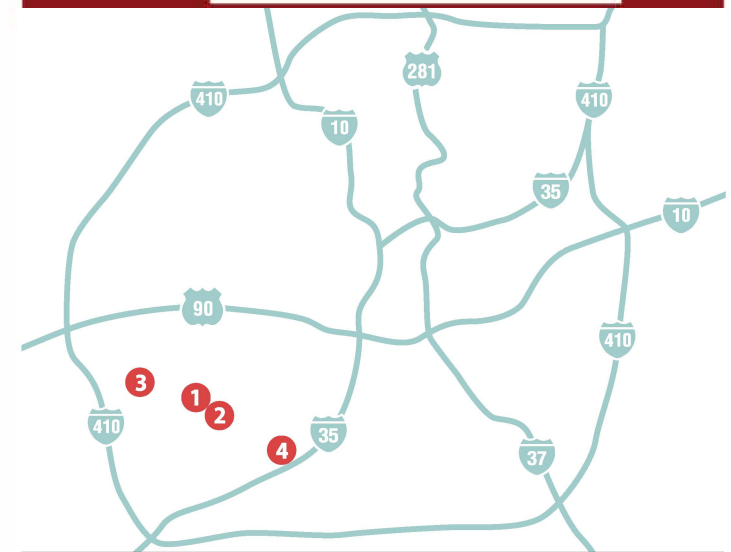
Parks & Recreation

The San Antonio Parks and Recreation Department provides fun, safe, attractive, and affordable recreational opportunities & community spaces within a 10-minute walk that represent the diversity and desires of our neighborhoods. By connecting people, nature, recreation, and resources, we will inspire & nourish the well-being of all.

sanantonio.gov/parksandrec/home

(210) 207-7275

San Antonio District 4



HEALTHY CORNER STORES

1. **EZ Shop Store**, 223 Bynum Ave, San Antonio TX 78211
2. **EZ Shop 3**, 1130 New Laredo Hwy, San Antonio TX 78211
3. **Kim's Express**, 5402 W Military Dr, San Antonio TX 78242
4. **Grandma B's Meat Market**, 7802 Somerset Rd, San Antonio TX 78211



FREE FITNESS IN THE PARK CLASSES

- **Boot Camp at Pearsall Park**
Saturdays at 9:00 am
- **Strength & Balance at Gill Adult & Senior Center**
Thursdays at 9:30 am
- **Fit Express at Pearsall Park**
Saturdays at 10:00 am