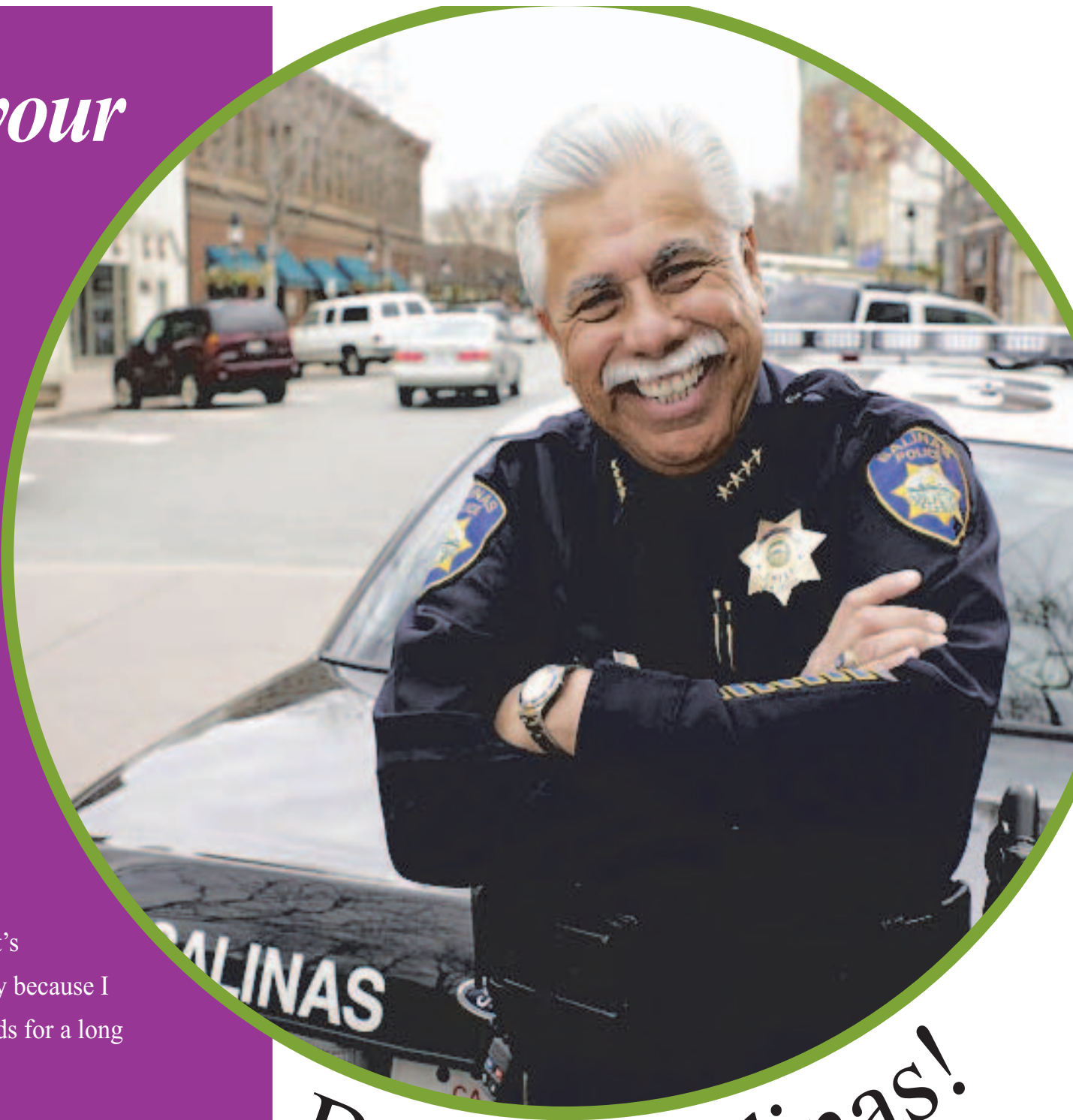


“Protect your health.”

Not only is Chief Ortega protecting the community of Salinas but he’s on a mission to protect his health. With grandchildren of all ages, his joy is playing, laughing and doing things with them. He lives for these moments and doesn’t let his Type 2 diabetes control him.

You can find him at the gym early in the morning and he’s eating better foods like fresh vegetables.

Why? As Chief Ortega says, “It’s important for me to stay healthy because I want to be here for my grandkids for a long time.”



Be well Salinas!

Take a step!

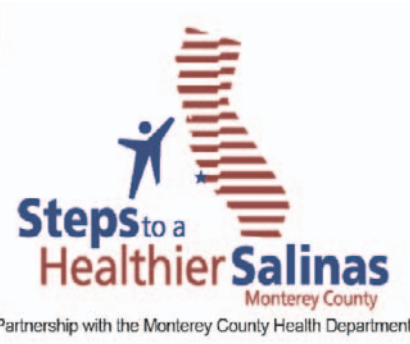
value... it!

It's the steps we take...

Throughout Salinas, people like Chief Ortega, Julia and Mayor Donohue are working to build a healthier Salinas by improving eating habits, increasing physical activity opportunities, preventing chronic diseases and creating healthier communities.



Community volunteer Julia Orozco organizes free health check-ups after church services



Mayor Donohue is proud to build the Walkable Communities Program for a healthy Salinas

www.stepstohealthiersalinas.org