



August Newsletter



Aug. 1, 8, 22, & 29: **Nutrition Class: Texas A&M San Antonio Agro Life**

Thank you to Mrs. Mary Masterson, from Texas A&M AgriLife Extension Service, for coming out 4 Monday's this month to share their nutrition tips and info with our class. We learned about fruit and vegetable intake, meal planning for the grocery store, and much more. She also provided us with a variety of recipes that we got to taste in class!

#community

Texas A&M AgriLife



August 3: Aqua Zumba

We took a group of our guys this time to San Pedro Park pool for a free community Aqua Zumba and wow did the instructors put them to work! It was the first time doing Aqua Zumba for all of our participants, but they said it was such a treat! They also said it was an amazing workout and couldn't believe how hard-and fun- it actually was. We are grateful for the community putting on these events, providing another example to S2F participants that exercise and community can be accessible to all.

#community #exercise

SA Parks and Rec



August 6: Fit Family 5k Finale

S2F hit the pavement for the Fit Family Finale 5k. Thank you to Brooks City Base for hosting this FREE community event. Our participants had an amazing time, whether it was their very first or fifth 5k, they all knocked it out of the park! Some ran their fastest time ever, some walked with a partner, and one was grateful to run once again alongside our volunteer from Trinity University. It is always a treat to see our participants out in the community, *running the good race*, and putting our weekly training into action.

[#exercise](#) [#community](#)

[Visit Brooks](#)



August 6: District 5 Volunteer Event

After the 5k S2F headed back to Garcia Park, where our 3x a week training occurs, to take part in the community event hosted by District 5 and representative Teri Castillo. This was a community outreach event in which those currently experiencing homelessness were able to receive services at Garcia Park, such as mobile showers, haircuts, and other much needed items. Our amazing S2F interns, Kelly & Giselle, and a few S2F participants volunteered their time, not only sharing what S2F does, but handing out resources as well. It was a great afternoon implementing service as medicine. Thank you again for the community partners who helped make this event possible.

[#exercise](#) [#community](#) [#service as medicine](#)

[District 5 page](#)



August 12: League of Women Voters

Thank you to Ailene, from League of Women Voters, for coming to speak to our group about all things voting related. Our group asked so many questions and left with tons of relevant information for the upcoming election. Not only that, but with Ailene's help we were able to get 12 of our participants [registered to vote](#) that day!

League of Women
Voters



August 13: Rise Above Hardship Ruck

Street2Feet had the privilege of volunteering with Rise Above Hardship for their first annual ruck. Our participants helped course marshal, handed out water, and many participated on the walk back. It was a great morning spent being of service and supporting another non-profit who is doing amazing things for the community!

Rise Above Hardship is a 501(c)(3) non-profit charity that was created to help empower Veterans by reigniting their purpose through fitness and community related events.

#exercise #community #service as medicine

Rise Above Hardship



August 17: Mitzi Moore

Thank you to Mitzi Moore for sharing with our group her journey from former teacher to finding new activities that bring her joy as she transitions into retirement. Mitzi was kind enough to share how her experience in learning how to ride a bike again led her to finding new hobbies. She photographs her bike all around San Antonio and shares with others the beautiful nature and community events this city has to offer—many for free! It was a great reminder that we don't need to be great at everything we do, rather simply finding the joy and doing them “just for fun” can be reason enough for doing them!

#community

**Rosie the
Bicycle**



August 17: Chase Volunteer Group

For the **THIRD** month in a row, we had an incredible group of volunteers from Chase help us in our ongoing process of cleaning up our warehouse cage. Their help has been crucial in maintaining the organization of our donations we receive monthly, sometimes weekly. During the process one volunteer was tasked with grabbing gear for **6** of our newly enrolled program participants! Though they didn't meet any participants this time around, we are extremely grateful for their behind the scenes help! When our warehouse is organized and easy to maneuver it helps us run our program infinitely better—so once again a **HUGE THANK YOU** for these volunteers. We truly couldn't do it without you!!

**Volunteer with
Us**



August 24: Recovery in Motion

Thank you to Jackie and Ty, from Recovery in Motion, for coming out this morning and speaking with our group. They are a local non-profit whose mission is to create new communities for people in recovery to form connections and expand experiences through fitness, nutrition, and fellowship. They meet Saturday's for a workout followed immediately by a meeting, open to all. They shared some great info & the amazing things their org is doing! We are excited to workout with them soon! They meet Saturday's @ 11am.

#exercise #community #service

Recovery in Motion



August 28: Volunteer Yoga

Our volunteer yoga teacher, Jessi, has come once again this month to provide yoga practice to our group on Sunday afternoon. She has been a great addition to our volunteer team as the group looks forward to her Sunday classes to help round out their week. We are so grateful for this partnership and to Jessi for donating her time!

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E-mail Jessi



AUGUST 4771 MILES YTD
AUGUST 859 MILES
RAN THIS MONTH



**THANK YOU TO OUR DONORS, VOLUNTEERS, AND
COMMUNITY MEMBERS WHO CONTINUE TO SUPPORT
STREET2FEET!
IN BIG AND SMALL WAYS YOUR SUPPORT IS IMPACTFUL!**

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