



NEWS RELEASE

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FOR IMMEDIATE RELEASE

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Livabetes offers residents a new way to thrive with diabetes

Menifee, CA - Healthy Menifee's newest program, Livabetes, is a free community resource aimed to help Menifee residents increase their fitness levels, provide nutritional education and try new activities in order to enhance their lifestyles. Livabetes sessions will be held during two separate times on Wednesdays from 9:30 to 10:30 a.m. in the North Annex located at 29995 Evans Road, and from 5:30 to 6:30 pm. at Rancho Medical Group located at 27190 Sun City Boulevard.

Healthy Menifee was established in 2017 as a way to bring healthy programming and resources at little to no cost to Menifee residents. It has evolved in the two years since its establishment to include youth programming such as free park visits and after school programs, free summer fitness programming for adults and free senior programming, such as walking clubs and gardening. Healthy Menifee looks to expand programming in the future, starting with Livabetes.

"We are passionate about keeping Healthy Menifee accessible to all residents," said Community Services Director, Jonathan Nicks. "This program aims to provide support and community resources so those living with diabetes can live a life with minimal limitations. We look forward to expanding Healthy Menifee and providing quality programs and community support for residents in all stages of life."

This program is made possible through collaboration from our partners at Rancho Medical Group and City staff. Healthy Menifee is proud to follow guidelines set by [Healthy People 2020](#) and continues to set high standards for all programs and activities offered to residents in order to maintain quality and low cost services. For more information, or if your organization is interested in getting involved please contact the Menifee Community Services Department at (951) 723-3880 or visit our website at www.cityofmenifee.us/communityservices.

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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 94,000 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.*