



FOR IMMEDIATE RELEASE

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**Irvine Ranch Conservancy, Latino Health Access
& State Senator Lou Correa Host “Hiking to Success”**
Exploring the possibilities on the wildlands and parks

(Irvine, CA)—In an effort to develop more opportunities for the Latino Community to get outside, get fit, and explore local wildlands, the Irvine Ranch Conservancy and Latino Health Access, in collaboration with State Senator Lou Correa, are hosting the first “Hiking to Success” workshop at Limestone Canyon, part of the Irvine Ranch Natural Landmark. The program runs from 8:30 -11:30a.m. on Saturday, June 28.

“There is a great need for access to open space in Central Orange County,” said Senator Correa, “It’s important that we bring the community together to address this issue.”

Staff from Senator Correa's office and from Latino Health Access and Irvine Ranch Conservancy will be hiking, exploring, and working together to create ideas on how local families can use the open spaces of the Natural Landmark and the Santa Ana River as locations for fun, safe physical activities that promote healthy lifestyles.

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In addition to the workshop, bilingual staff from local outdoor gear retailer REI will discuss their backgrounds, job duties and share words of encouragement for getting outdoors! There will be healthy snacks to encourage wholesome and on-the-go food ideas, and an REI-sponsored prize drawing, followed by a hike in the Limestone Canyon wildlands.

This pilot program is the first of its kind, and organizers expect many opportunities to follow from the dialogue. The alliance between Irvine Ranch Conservancy and Latino Health Access will help ensure that Santa Ana residents start to discover the many outdoor activities that are available so close to where they live. The ultimate goal is to expose Santa Ana residents to this spectacular land and to encourage healthier lifestyles.

Nearly 40,000 acres of open space on the historic Irvine Ranch have been designated a Natural Landmark by both the State of California and the U.S. Department of Interior in recognition of their importance to California and the nation.

“With a largely Latino community that is faced with high rates of diabetes and obesity, and has limited access to open space and recreation, it is imperative that we encourage Santa Ana residents to get outside, be active, and stay healthy,” says Eduardo Cisneros, Policy Coordinator, Latino Health Access. “We are very excited about our partnership with the Irvine Ranch Conservancy and hope to develop many future opportunities for Santa Ana residents to go outdoors, get in shape and stay fit while experiencing nature.”

Irvine Ranch Conservancy is a 501(c)3 non-profit, non-advocacy organization created to protect the wildlands and parks on the historic Irvine Ranch and enhance the public’s connection to them, while helping partners and landowners with all aspects of stewardship. It offers a variety of free, guided outdoor

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programs for all nature enthusiasts including hiking, mountain biking, horse-back riding and much more. For more information, go to www.irvineranchwildlands.org or call 714.508.4757.

Latino Health Access (LHA) is an award winning 501(c)3 non-profit organization that was established in 1993. The center was created to assist with the multiple health needs of Latinos in Orange County and is based in Santa Ana. LHA assists in improving the quality of life and health of uninsured, under-served people through quality preventive services and educational programs, emphasizing full participation in decisions affecting health. More info: <http://www.latinohalthaccess.org>

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