

San Leandro

Parks and Farmers Markets

Parques y Mercado al aire libre

Visiting parks is a fun way to get the whole family to exercise. Here are some popular parks in San Leandro...Enjoy!

¡Ir al parque es una buena idea para que toda la familia haga ejercicio y se divierta! Aquí hay algunos parques populares en San Leandro... ¡Disfrútelos!



www.ebparks.org/parks



www.sanleandro.org/depts/rec/parks

Bonaire Park

15837 Nielson Ave, San Leandro



Washington Manor Park

14930 Zelma St, San Leandro



Marina Park

13801 Monarch Bay Drive, San Leandro



Halcyon Park

1245 147th Ave, San Leandro



Ashland Park

1530 167th Ave, San Leandro



San Leandro Farmer's Markets

- **Downtown, Wednesdays 4-8pm, March to October**
El Centro, los miércoles de 4 p.m. a 8 p.m., de marzo a octubre
135 Parrott St, San Leandro, CA 94577
- **Bayfair Center, Saturdays 9-1pm, year round**
El Centro de Bayfair, los sábados de 9 a.m. a 1 p.m., todo el año
15555 E. 14th St, San Leandro, CA 94578
- **Kaiser Permanente San Leandro, Wednesdays 10-2pm, year round**
Los miércoles de 10 a.m. a 2 p.m., todo el año
2500 Merced St, San Leandro, CA 94577

Benefits of Shopping at a Farmers Market:

- Variety of vegetables and fruits
- Fresh and tasty
- Cooking tips, recipes and meal ideas

Los beneficios de comprar en un mercado al aire libre son:

- *Variedad de verduras y frutas*
- *Verduras y frutas frescas y con más sabor*
- *Consejos para cocinar, recetas e ideas de platillos*

* Note: Institutions appearing on this map are for informational purposes. This map does not necessarily serve as an endorsement.

Valid until December 2019



Health Education Department

Champions for Healthy Living
Fremont, San Leandro, Union City

Register on kp.org for the following Kaiser Permanente services

- E-mail your doctor
- View most lab results
- Find classes and support groups
- Refill your prescriptions
- Schedule, cancel, and view appointments
- Act for a family member

Visit the following kp.org websites for quick and easy access to health programs

- kp.org/mydoctor
- kp.org/womenshealth
- kp.org/menshealth
- kp.org/children
- kp.org/classes
- kp.org/fitness

Spanish

- kp.org/espanol
- kp.org/vidasana

Healthy Living Classes & Resources*

Available Online at

kp.org/fremont/healtheducation or kp.org/hayward/healtheducation
kp.org/sanleandro/healtheducation or kp.org/unioncity/healtheducation

Having Surgery? Go to your physician's homepage on kp.org/mydoctor
Click on "Prepare for Your Procedure - Emmi" to learn more about your surgery

Locations

All our centers are open Monday to Friday, 9 a.m. to 5 p.m.

Fremont Healthy Living Center

39400 Paseo Padre Parkway, Niles Building, 1st Floor, **510-248-3455**

San Leandro Healthy Living Center

2500 Merced Street, Medical Office Building, 1st Floor, **510-454-4531**

Union City Healthy Living Center

3553 Whipple Road, Building B, 1st Floor, **510-675-4531**

*Program fees listed are subject to change and may depend on your health coverage. Please refer to your current Evidence of coverage (EOC) to confirm the services covered under your plan.

Inspire people. Inform choices. Improve health.