



Weigh of Life is non-profit organization that has provided opportunities for families to enjoy improving their health through exercise classes, nutrition education and social support for the past 17 years. Since its founding in 2006, Weigh of Life has worked specifically to help residents with limited resources and access to health and fitness programs. We provide exercise classes, cooking and mini-nutrition classes and several workshops addressing the many socio-economic issues which our students face on an everyday basis. We also provide daycare for parents so they can fully immerse themselves in improving their overall holistic health.

Weigh of Life partners with the City of Richmond providing classes at Veterans Hall, Shields Reid and Nevin Community Center. We also partner with the City of San Pablo to provide classes at Helms Middle school. In addition, we collaborate with the City of Richmond Employment & Training Department, West Contra Costa Adult Education, and LEAP program to provide information and referral for educational and job training programs.

Weigh of Life instructors are 99% females from our community who started as students. They are bi-lingual and are acutely aware of the high rate of diabetes, obesity, and health problems that our families face, particularly among Latino families.

Each year we host a Spooky Halloween event. This event raises funds and awareness about our organization and programs. We offer children and families a safe and sane Halloween party. This year it will be on Thursday, October 31st from 3 to 7:00 p.m. at Veterans Hall, 968 23rd Street, Richmond.

This year we are inviting youth organizations to refer families who want to enjoy a safe and sane Halloween experience for their kids. We will provide a Trick or Treat candy bag, dinner, music, and fun activities for children, including a costume parade, and a costume contest for all.

Weigh of Life relies on the funding of our community partners to continue with our classes and with this magnificent event. Each year.

We hope that City of San Pablo can sponsor this great event as it had in the past. We appreciate your partnership and if you have any questions, please contact me at 510-821-3170 or rvj2124@comcast.net.

Ruth Vasquez-Jones
Executive Director
510-821-3170