



St. Paul Public Housing Agency

PHA News



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Ravoux Hi-Rise Exercise Room Open House

The St. Paul PHA held open houses at its Ravoux Hi-Rise on Monday, July 28 and Thursday, July 31 to celebrate the opening of the workout room. An exercise physiologist, Jodi Denkler, was present to train residents on how to use the equipment safely. The open house included a presentation from RSVP/Volunteers of America on osteoporosis prevention. The exercise room was made possible thanks to an Allina Neighborhood Health Connection Grant. Ravoux Hi-Rise residents also donated two exercise bikes to the room.



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