

Walk This Way Workshop

June 12, 2007
12 – 2 pm

Thinking of starting a walking program in your WORKPLACE?

Looking for available tools and incentive ideas?

Project Health, an initiative of Region of Waterloo Public Health, that aims to support healthy workplaces, is hosting this 2 hour “Walk This Way” workshop about an innovative and fun workplace health initiative that is easy and inexpensive to implement in your workplace.

What: “Walk This Way” is a self-help kit designed to assist adults, of all ages, in beginning and adhering to a walking regimen.

Why: This resource will assist adults in increasing their level of physical activity and contribute to the promotion of healthy weights and the prevention of chronic diseases.

Who: This workshop is designed for workplace wellness providers who are interested in participating in Walk This Way and receiving copies of the resource to distribute to their employees. The application process, orientation to the resource, and the tracking and evaluation protocols will be reviewed.

When: Tuesday June 12, 2007
12 noon – 2 pm

Where: Region of Waterloo Public Health, Room 508
99 Regina St S, Waterloo (corner of William and Regina St)

Speaker: Louise Daw, Ontario Physical and Health Education Association



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