

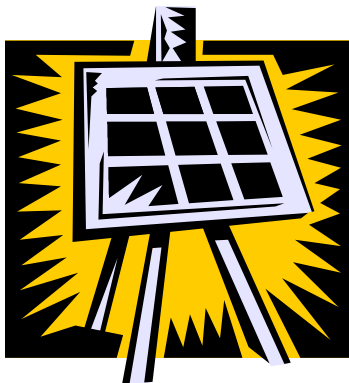
Walk This Way

Workshop

Tuesday June 12, 2007
12 – 2 pm

Agenda

11:30 – noon	Registration and Light Lunch; Viewing of displays
12:00 pm	Welcome - Ruth Dyck, Public Health Nurse
12:05 pm	Louise Daw, Physical Activity Resource Centre Consultant <ul style="list-style-type: none">• Welcome and Introductions• Physical Activity Promotion 101
12:40 pm	Stretch Break
12:50 pm	Walk This Way orientation
1:40 pm	Wrap Up Workshop Evaluation Pilot Study Survey Ballot Draw



Displays and Print Resources Available for viewing:

- Active Living during Pregnancy
- Active and Safe Routes to Schools
- Raising a Healthy Child
- My Time My Turn
- Physical Activity Resource Centre
- Project Health
- Sun Protection