



***Active
Transportation:***

***Resources to Promote
Walking, Cycling and
Transit in your Workplace***

Networking Session

Thursday, April 16, 2009

12:00 noon - 2:00 p.m.

Presented by:



Region of Waterloo
PUBLIC HEALTH

projecthealth.ca

Supporting Healthy Workplaces

Speakers:

Tara DeSouza and John Hill, Region of Waterloo, Transportation Planning
Colleen Cooper and Ruth Dyck, Region of Waterloo Public Health

Key Topics:

- Discover simple and effective ways to support and encourage employees to be active commuters.
- Learn how to access information and training for employees who would like to cycle to work.
- Discuss how to reduce parking needs at your workplace.
- Find out about strategies to motivate and engage your employees in related wellness activities.

When: Thursday April 16, 2009, 12:00 noon - 2:00 p.m.

(Registration and light lunch from 11:30 a.m. - 12:00 noon)

Where: 99 Regina St S., Waterloo (corner of Regina & William), Room 508
No cost (to workplaces in Waterloo Region)

To register: Log on to ***www.projecthealth.ca*** or call the Project Health phone line at **519-883-2287**