

***Walk this Way:
Promoting Walking
in your Workplace***



**Networking Session
Thursday, March 27, 2008
12:00 noon - 2:00 p.m.**

Presented by:



projecthealth.ca

Supporting Healthy Workplaces

Speaker:

Louise Daw, Health Promotion Consultant
Physical Activity Resource Centre (PARC)

Key Topics:

- why is physical activity important
- strategies to promote walking in your workplace
- availability of free tools and promotional incentives

When: Thursday March 27, 2008

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

To register:

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