



THE BUILT ENVIRONMENT WORKSHOP

Practical strategies to create healthy spaces and connected places

April 13, 2010 (9:00 a.m. - 4:00 p.m.) Bella Vista Inn, Humboldt, SK

WHAT TO EXPECT

This **FREE** workshop will examine the role of the built environment in relation to physical activity. Provincial and national speakers will profile current research and highlight practical examples of projects being undertaken that encourage physical activity through changes to the Built Environment.

The workshop will feature new tools and resources that can assist communities with the development of strategies, or support current work that promotes the importance of planning and designing communities for people movements. Workshop participants will be provided an opportunity to network and collaborate through facilitated discussion.

The Built Environment influences levels of physical activity. Community planning and development creates the Built Environment in which we live, work, learn and play. In order to support and sustain healthy active living, community infrastructure needs to support behaviour change.

WHO SHOULD ATTEND?

This workshop will be of interest to all those who work in the area of healthy communities/physical activity and the Built Environment:

- municipal staff, volunteers or consultants responsible for the planning, development and maintenance of municipal parks, facilities or public spaces
- health professionals
- municipal leaders
- school administrators
- parks and recreation professionals

WORKSHOP OBJECTIVES

- Provide new tools/resources to communities and organizations to assist them in developing strategies or supporting current work that addresses the Built Environment in supporting physical activity
- Provide an opportunity for networking and collaboration
- Share current research on how the Built Environment influences physical activity levels for a better understanding of the issues
- Encourage, empower and motivate communities to take action or to continue current efforts

PRESENTERS

Michael Haynes: Director of TransActive Solutions
Jackie Avent: Active and Safe Routes to School Program Coordinator for Resource Conservation Manitoba
Alice Miro: Project Manager, CLASP Initiative, Built Environment and Health at the Heart and Stroke Foundation of Canada
Dr. Nazeem Muhajarine: Professor at the University of Saskatchewan, HSF funded researcher, Chair of the HSFC's Health Promotion and Policy Advisory Committee and represents HSFC on the Canadian Partnership Against Cancer and Aboriginal Cancer Control Advisory Committee
Best Practice Case Studies presented by:
Built Environment Action Team (BEAT)
Yorkton Transportation Initiative

Brought to you by: Saskatchewan Parks and Recreation Association

Registration Form - Built Environment Workshop

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**This Workshop is a component of the SPRA Spring Education and Training Symposium (April 11 - 15, 2010, Humboldt, SK)*

NO REGISTRATION FEE REQUIRED!

Complete the following information as you would like it to appear on your workshop name tag.
Complete one registration form per delegate.

Delegate Name: _____

Organization/Community: _____

Address: _____

City: _____ Province: _____ Postal Code:_____

Telephone: _____ Fax: _____

Email: _____

Please indicate any special needs in the space below (i.e. dietary, accessibility, etc.):

_____

_____

Please return the completed registration form by **March 31, 2010,** to SPRA:
Attention: Paula Lichtenwald
SPRA
100 -1445 Park Street
Regina, SK S4N 4C5
Email: plichtenwald@spra.sk.ca
Fax: (306) 780-9257

Additional information:

Lunch will be provided.
To book a hotel room, contact the Bella Vista Inn at (306) 682-2686 or email bellavistainn@sasktel.net.

If you require additional information, contact SPRA at (306) 780-9231 or 1-800-563-2555.

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