

Maine Physical Activity & Nutrition Program**Training & Events****2009 Active Communities Conference
Walking, Biking, Physical Activity and the Built Environment****May 12th, at the Harraseeket Inn, Freeport
Free to Attend**

Presented By:

Maine Center for Disease Control and Prevention
Maine Department of Transportation
Maine Department of Conservation
Maine State Planning Office**Who Should Attend?**

Public health, safety, planning, economic development and public works professionals, citizens, municipal officials and others interested in learning more!

What Will I Learn?

- What "active community environments" can look like
- The connection between active communities and the local economy
- The planning and funding processes for creating active communities
- About people and resources to help your efforts

AGENDA***RAIN OR SHINE Bring your walking shoes!***

8:00-8:30	Registration and Continental Breakfast Welcome
8:30-9:00	The Economic Impacts of Obesity and Chronic Disease <i>David Crawford, Maine Physical Activity & Nutrition Program</i>
9:00-10:15	Creating Healthy and Successful Communities in Challenging Times <i>Todd Litman, Victoria Transport Policy Institute</i>
10:15-10:30	Break Breakout Session One
	A. Policies and Planning Practices to Create Sustainable Communities <i>Todd Litman, Victoria Transport Policy Institute</i>
	B. Encouragement Programs for Walking and Biking <i>Sarah Cushman, Portland Green Streets; Carey Kish, Go Maine Commuter Program</i>
	C. Schools Promoting Physical Activity <i>Lynn D'Agostino, Jordan Acres Elementary School, Brunswick;</i> <i>Penny Townsend, MSAD 48;</i> <i>Safe Routes to School Encouragement Program</i>
10:30-11:30	D. Success Stories: Processes Used for Local Walking and Biking Improvements <i>Dan Stewart, MaineDOT; Peter Garret, Kennebec Messalonskee Trails</i>
	E. Walking Audit: Downtown Freeport
	F. Biking Audit: Freeport <i>Bikes and helmets provided or bring your own. Helmets are required for all participants.</i>
	Networking Lunch with Others From Your County
11:30-12:45	Funding Your Project <i>Dan Stewart, MaineDOT Quality Community Program</i>
12:45-1:00	Break
1:00-2:00	Breakout Session Two- Repeat of all Session One Workshops
2:00-2:15	Break
	Improving Conditions at the Community Level Workshop
2:15-3:45	<i>Todd Litman, Victoria Transport Policy Institute;</i> <i>John Del Vecchio, State Planning Office; and other experts</i>

3:45-4:00 Closing

TO REGISTER:

- Register online at: www.mcdregistration.org
Click *Statewide Conferences and Events*
There is no registration fee. Lunch provided.
- For more information, please contact:
Rebecca Drewette-Card, Maine Physical Activity and Nutrition Program,
at **207-287-5084** or rebecca.drewettecard@maine.gov

Part of Maine's Action Communities for Health, Innovation & Environmental Change (ACHIEVE) Initiative and
MaineDOT's Quality Community Program

Part of Commute Another Way Week

Part of Maine's Walk and Bike to School Week

For directions to the event, please visit: www.harraseketinn.com

Archive:

- **2007-2008 PAN Training Series: Sharpen Your Skills for Effective Physical Activity & Nutrition Programming**