



Everybody Active for Health – One Day Workshops

An opportunity for recreation, health and social service practitioners to come together and focus on the issue of access to physical activity for health.



A joint initiative of BC Recreation and Parks Association and the Heart and Stroke Foundation of BC & Yukon.

Workshops

Cariboo
Williams Lake, Oct. 27

Okanagan
Penticton, Nov. 5

Fraser Valley
Abbotsford, Dec. 8

South Coast
TBA

Ensure access to physical activity for community members affected by poverty

- Learn about social inclusion and engaging the “hard to reach”
- Connect with colleagues across the region and across sectors
- Turn learnings into action with a professional life coach

Determinants of Health 101

Led by a representative from your local health authority, this session provides an overview of many different factors that affect health and the role of inclusion, equity and access to physical activity.

Social Inclusion through Active Living

Five principles of social inclusion within the context of physical activity opportunities and an assessment tool to help identify areas of strength and opportunities to improve social inclusion through active living.

How to Engage the “Hard to Reach”

An interactive session that reviews techniques to help engage target groups in the planning of your initiatives, and how to apply them in your own community.

Promising Practices

An opportunity for communities across the region to share successes and important learnings. Network and discuss policies and initiatives that are happening regionally.

Communication & Awareness Skills

Interactive sessions led by a professional life coach will inspire participants to reflect on learnings and explore what role they can play in promoting inclusion and increasing access.

To register, visit www.PhysicalActivityStrategy.ca and click Everybody Active.

For more information, contact Donna Lee, Everybody Active coordinator at dlee@bcrpa.bc.ca or 604-629-0965 x 257.



An Initiative of these BC Healthy Living Alliance Members

