



Marpole Everybody Active Forum

Date: Wednesday February 25, 2009

Time: 6:30 – 8:30 pm (refreshments provided)

Location: Marpole-Oakridge Community Centre
Club Room, 990 West 59th Avenue

Do you think that everyone in Marpole deserves equal access to quality recreation options? If so, we need your input!

You probably know that regular physical activity has many benefits for health and well being. Physical activity can reduce the risk of illnesses like cancer, heart disease, stroke, diabetes and depression. Recreation protects us from stress, anxiety and loneliness. Recreation can even help reduce violence, smoking and substance abuse.

The problem? Not everyone in Marpole has access to recreation options, especially people affected by poverty. This is one of many reasons that people with low incomes often have worse health and a greater risk of illness than people with higher incomes.

We're inviting people who live and work in Marpole to take part in the Everybody Active Forum. We'll talk about how we can help everyone in Marpole benefit from physical activity. We'll look at the challenges and come up with an action plan.

Please RSVP to Jenny at the Healthy Living Program
Email: jenny.puterman@vch.ca or phone 604-267-4437



*We can help with the cost of transportation and childcare.
A light meal will be provided.*

