



## **Penticton Everybody Active Discussion Groups**

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Group Housing Unit (Canadian Mental Health Association)  
Tuesday April 21, 1:00 pm

Leisure Centre (Society for Community Living)  
Thursday April 23, 2:00 pm

Partner Organization Staff (Community Resources Society)  
Friday April 24, 9:30 am

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### Resources to bring:

- Subsidy forms and applications
- Free/low cost program flyers
- Recreation Guides
- Free passes
- Camera – authorization forms
- Resources (health benefits of recreation/physical activity)
- Name tags
- Pen and paper for notes

### Project Coordinator responsible to:

- Confirm details of room booking, set up and liaise with agency to host meeting
- Food and beverage
- Take notes of meeting, including documenting testimonials (and getting a name to match with testimonial)
- Type up notes and testimonials
- Talk about Healthy Harvest Box and upcoming Walking Program in discussion group

### Recreation Staff responsible to:

- Gather and bring resources to meeting
  - Facilitate group discussion
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### Purpose of Discussion Group:

- Create dialogue with participants about recreation and physical activity
- Understand barriers to participation that the participants face
- Discuss solutions to remove barriers
- Gain input on how to reach participants (market to target group)
- Provide information on subsidy programs
- Provide information on how people can get active and access recreation opportunities
- Provide information on the health benefits of recreation and physical activity

## Discussion Group Format:

### 1) Roundtable introductions

### 2) Potential questions to initiate dialogue:

- What does recreation mean to you?
- Do you feel recreation is important? Why?
- What type of recreation activities or physical activity do you participate in?
- Where do you participate?
- How much physical activity do you think is required to gain health benefits?
- What stops/prevents you from participating in activity?
- What would motivate you to participate more?
- Do you have people to recreate with?
- Are you aware of the recreational / physical activity opportunities in the community?
- Do the program offerings meet your needs?
- What is the best way to get information to you?
- Do you have suggestions on the types of programs and activities you would like to see offered in Penticton?
- Do you have access to the supplies/equipment (eg good walking shoes) to participate in activity?
- Are you aware of the subsidy programs available?

### 3) Provide participants with information on:

- Subsidy programs
- Recreation programs available
- Walking Program
- Healthy Harvest Box
- Benefits of physical activity and recreation
- Free pass for participants