

“People-Powered” Transportation Tops Agenda at Health Workshop

[City, Date] – Getting fit while getting around town remains the focus of a second workshop hosted by the {name of heart health site and other host if applicable} on {date}. Information gathered at the session will further work started to create a more walkable and cycle-friendly {name of community}.

Participants will comment on {name of community}'s draft strategy to improve conditions that support walking and cycling. “Many things can encourage active transportation,” explains {insert secondary key spokesperson, title}. “For example, are the sidewalks in good condition? Are shops and other destinations within walking distance? Is the neighbourhood safe and appealing? Are there enough pedestrian crossings? All of these questions will be explored.”

Research shows that residents of walkable and cycle-friendly communities experience numerous benefits, including:

- healthier body weights,
- improved water and air quality,
- reduced road injuries and fatalities,
- improved quality of life, and
- a greater sense of community.

The session is initiated by walkON, a partnership of Central West Ontario regional municipalities that, together, have identified a need for walkable communities. walkON's mission is to promote the development of communities that support people-powered transportation.

All {name of community} residents are invited to attend the workshop on:

- Date, location, time

-30-

For more information and to register, please contact:

{names and contact info for heart health coordinator}