

# Active Communities

This forum will focus on urban planning and local health promotion initiatives designed to encourage people to improve their levels of physical activity and reduce sedentary behaviour.

**Wednesday 11 November, 2009**  
**9.15 am Registration– 3.00pm**

**'Simon's Waterfront' at the Surf Club,  
Pertobe Rd, Warrnambool**



Facilitated by Kinect Australia, this is one of a series of regional physical activity promotion forums. This forum is delivered through the 'Go for your life' Physical Activity Information Centre. The 'Go for your life' Physical Activity Information Centre is supported by the Victorian Government through the 'Go for your life' initiative.

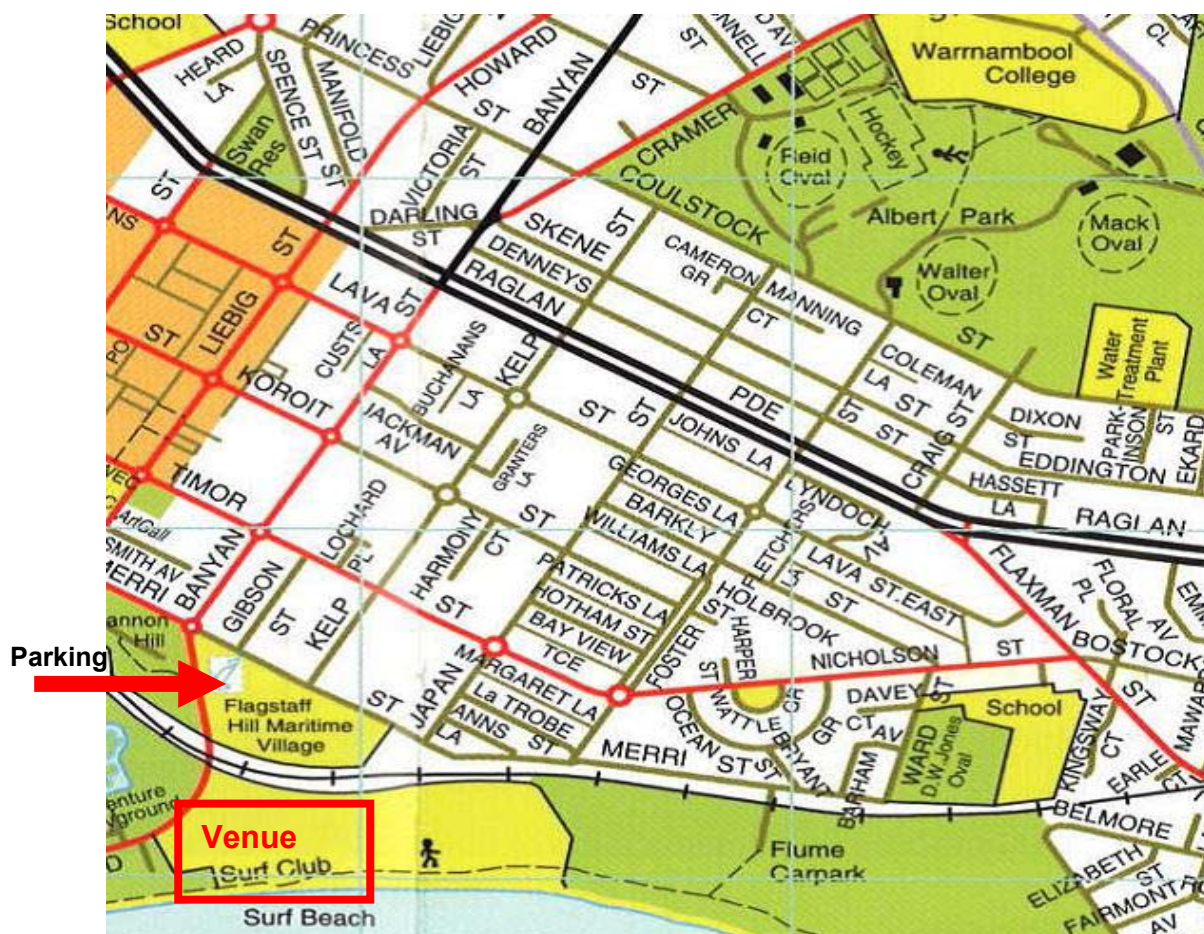
## Registration:

Complete the registration form and return by **November 6<sup>th</sup>** on the link below

[http://www.kinectaustralia.org.au/content/Public/InfoLine\\_InfoCentre/Forums/Upcoming\\_Forum/Active\\_Communities\\_Registration.aspx](http://www.kinectaustralia.org.au/content/Public/InfoLine_InfoCentre/Forums/Upcoming_Forum/Active_Communities_Registration.aspx)

**There is no cost to attend this event. Places are limited, early registration is encouraged.**

**Getting to the venue:** Remember be sustainable; park at Flagstaff Hill (Banyan St from the Hwy) and take the 5 minute walk to the venue.



## Agenda

- 9.15am Registration
- 9.30am Open
- 9.45am **Welcome**  
Sarah-Jane Blunt, Health Promotion, Kinect Australia
- 10.00am **Nature nurtures health and wellbeing: The benefits of volunteering in environmental management activities**  
Matt Ebdon, Faculty of Health, Medicine, Nursing and Behavioural Sciences, Deakin University
- 10.30am **Healthy by Design**  
Rachel Carlisle, Heart Foundation (Victoria)
- 11.00am Morning Tea
- 11.15am **Walking Sustainability**  
Dr John Grant, J.A & Associates
- 11.45am **Walk Bendigo**  
Brett Martin, City of Greater Bendigo
- 12.15pm **Victoria Walks**  
Dr Ben Rossiter, Victoria Walks
- 12.45pm **Building Active Communities- A Warrnambool Perspective**  
Peter Robertson, Director of City Infrastructure, Warrnambool City Council
- 1.10pm Lunch/ Walk look at design of promenade

1.40pm

### Learn by Example - Local Initiatives

*Each program will provide a 5 minute overview of their program allowing attendees to choose which 3 programs they would like to hear more about.*

**Recreation 'Give it A Go' Week and the Recreation Cycling Group** are two initiatives of Corangamite Shire Council encouraging people of all ages and abilities to participate in a sporting or recreational activity.

Brooke Love, Corangamite Shire

**Get a taste of this!** Based on the Health Promoting Schools concept  
Lynda Smith, Portland Community Health

**Travel planning-** Identifying opportunities for active transport in the community; to reduce the reliance on cars

Nicole Wood, Warrnambool City Council

**Active Terang** - Sustainable strategies to increase the physical activity levels of Terang and District Community Members

Katie McKean, South West PCP

**The Access for All Abilities, Inclusive Sport and Recreation Program-** supporting and developing inclusive sport and recreation opportunities for people with a disability throughout Victoria.

Lyn Donaldson and Judi Mutsaers, South West Sports Assembly

**'Go for your life' Health Promoting Communities:** Challenging the stereotypes is piloting programs in a number of workplaces in the Shire of Southern Grampians using a variety of activities and approaches designed to fit each workplaces.

Fran Patterson, Project Officer, Western District Health Service, Hamilton

### Make a Move Project, Older Adults

Sheila Bramall, Casterton Memorial Hospital

2.45pm

Close- Wrap up

3.00pm

Close

In Partnership with:

