



WHY DO SO FEW CHILDREN WALK OR BIKE TO SCHOOL AND WHAT CAN WE DO ABOUT IT?

Concerned about children's health? Worried about safety? Want to learn more about what interventions work for encouraging children to walk or bike to school?

You are welcomed to join us for a special event featuring presentations from three speakers followed by an active discussion.

*** Snacks and refreshments will be offered ***

Partners:



Presenters

Dr. Allana LeBlanc ParticipACTION

Discusses the ParticipACTION Report Card on Physical Activity for Children & Youth highlighting how Canadian children stack up to their international counterparts

Ms. Kaira Plourde, Ottawa Public Health

Discusses how public health nurses work with schools in Ottawa to make it easier and safer for children to walk or bike to school

Dr. Richard Larouche Healthy Active Living and Obesity Research Group

Discusses effective strategies for promoting walking and biking to school

WHERE:

**CHEO Research Institute,
Room 154**

**WHEN: Friday December 4,
from 3-4:30pm**

**WHO: Professionals,
researchers, students,
EVERYONE welcome**