

# Save the Date!

## 4TH ANNUAL PHYSICAL ACTIVITY & NUTRITION FORUM



### Connecting Communities to the Bay Area Outdoors A Green Path to Wellness

Friday, June 19, 2009

8:30 am – 3:30 pm

Upper and Lower Fort Mason • San Francisco, California

-Presented by-

*The Network for a Healthy California*-Bay Area Region  
and The American Heart Association



*This FREE, day-long forum is a “coming together” to discuss positive movement toward powerful outdoor physical activity and nutrition programming for food-stamp eligible populations. It is designed for parks and public health professionals, health educators, nutritionists, educators, fitness professionals, clinical practitioners and others who are seeking creative, cost effective solutions to public health challenges.*



#### MORNING KEYNOTE

Doug McConnell, host, Open Road with Doug McConnell (Formerly Bay Area Backroads)

#### AFTERNOON INTENSIVES

- ▶ State and National Parks Resources and Partnership Opportunities for Communities
- ▶ The ABCs of Joint Use – Basic Concepts, Structuring Agreements, How to Make it Work for You
- ▶ New Initiatives, Model Programs and Promising Parks/Community Collaborations.
- ▶ Local Food and Nutrition Education Action Committee -Successful strategies for creating better local food systems through nutrition education!

#### EXPERIENCE

Gospel Praise Dance, Continuous Physical Activity Mini Classes During Lunch, Afternoon Yoga, Historic Fort Mason Walk with Doug McConnell.



Dress to MOVE! Lunch will be provided. Registration opens in May.

For important nutrition information visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded in part by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



This program is funded in part by the USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program call 1-888-328-3483. The Santa Clara County Public Health Department is the lead agency for the Network for a Healthy California—Bay Area Region.



supported locally by a grant from KAISER PERMANENTE.