



SYMPOSIUM AGENDA

Tuesday, March 3, 2009

7:00 PM – 8:30 PM	Registration	Room TBA
7:00 PM – 10:00 PM	Meet, Greet & Socialize	Room TBA
7:30 PM – 9:00 PM	Pre-Conference Workshop	Room TBA
FITGO – An Active Game of BINGO – a resource developed by teachers, for teachers and supported by public health. Addresses Physical Activity in Schools and is an excellent DPA activity Lara Paterson, Physical Activity Specialist, KFL&A Public Health & Limestone District School Board (LDSB)		

Wednesday, March 4, 2009 – Social Marketing & Physical Activity

6:45 AM – 8:00 AM	Yoga Session	Room TBA
8:00 AM – 8:30 AM	Registration & Breakfast	Location TBA
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8:30 AM – 10:30 AM	Opening Remarks The Honourable Margaret Best, Minister of Health Promotion	Room TBA
	Keynote Address Dr. Adrian Bauman, Behavioral Epidemiology and Health Promotion Professor, School of Public Health, University of Sydney, Australia	
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10:30 AM – 11:00 AM	Active Break & Snack	Room TBA
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11:00 AM – 12:30 PM	Panel Discussion	Room TBA
Making Social Marketing Work for You Facilitator Art Salmon, Ed.D., Team Leader: Research, Ontario Ministry of Health Promotion Panelists Nancy Dubois, Consultant, The Health Communication Unit (THCU) Dr. Adrian Bauman, Professor School of Public Health, University of Sydney, Australia Marianne Bernardo, Vice President Marketing, ParticipACTION		
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12:30 PM – 1:30 PM	Lunch	Room TBA
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12:30 PM – 2:30 PM	Physical Activity Promoter Displays/Exhibitors Marketplace	

2:30 PM – 4:00 PM

Workshop Sessions A

Room TBA

Youth Engagement

Michelle Dagnino, Executive Director, Youth Action Network

C.H.A.M.P. – The Children’s Health and Activity Modification Program

Dr.. Shauna Burke, Assistant Professor, Faculty of Health Sciences.

Effective Messaging: Making Physical Activity Messages Stick

Nancy Dubois, Consultant, The Health Communication Unit (THCU)

The Impact of Maternal Exercise on Future Obesity Risk

Dr. Michelle Motolla, Director of Exercise and Pregnancy Laboratory, University of Western Ontario.

4:00 PM – 4:30 PM

Active Break & Snack

Room TBA

4:30 PM – 5:30 PM

Structured Networking/PA Games

Room TBA

5:30 PM – 8:30 PM

Wellness Corner

Room TBA

*Reflexology & Shiatsu Massage: 15 minutes for \$2
Sign-up at the registration table*

5:30 PM – 8:30 PM

Wine & Cheese

Room TBA

6:30 PM

Shopping/Dinner Out

Dinner and/or shopping in downtown Toronto.



Thursday, March 5, 2009
Physical Activity & Social Determinants of Health

7:00 AM – 8:00 AM	Take Time for Trails: Guided Trail Walk	Meet at Main Doors
8:00 AM – 8:30 AM	Registration & Breakfast	Commonwealth Foyer

8:30 AM – 10:30 AM	Opening Remarks <i>Physical Activity Resource Centre (PARC)</i>	Commonwealth Central/West
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Keynote Address
*Dr. Gina Browne, Professor, School of Nursing, McMaster University
 Hamilton, Ontario.,*

Social Determinants of Health: Reach the Hard to Reach and Returns of Investment

After highlighting factors that determine health which is so much more than Health Care or Genetic Endowment, Gina will present evidence on the effects and savings that result from recreation and physical activity opportunities for children and youth on social assistance in comparison to either health or social service care alone.

10:30 AM – 10:45 AM	Active Break & Snack	Commonwealth Central/West
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10:45 AM – 12:15 PM Central/West	Workshop Sessions B	Commonwealth
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The Kingston Gets Active Grade 5 and Grade 10 Community Physical Activity Pass Programs

Lucie Leveque, Associate Professor, School of Kinesiology & Health Studies- Queen's University
 Carolyn Hureau, Masters Student, Queen's University, School of Kinesiology & Health Studies
 Lara Paterson, Physical Activity Specialist, KFL&A Public Health & Limestone District School Board

Mothers in Motion – Unequal Opportunities Unequal Outcomes

Natacha Ducharme, Clinical Exercise Physiologist, Peak Performance
 Elizabeth (Beth) Mansfield, MSc, RD, Registered Dietitian & Exercise Physiologist

101 Things You Need to Know If You Work With Youth

Jeff Pafford, Community Development Co-ordinator, City of Great Sudbury
 Michelle Cundari, Physical Activity Promoter, North Bay Parry Sound District Health Unit

Building Healthy Communities

Lorna Heidenheim, , Executive Director
 Ontario Healthy Communities Coalition

12:15 PM – 1:45 PM

Lunch

Commonwealth Central/West

PARC Presentation

Guided Urban Polling Walk (at 1:15pm)? To be confirmed

1:45 PM – 3:15 PM

Workshop Sessions C

Community Capacity Building to Influence Change for Walkable and Bikeable Communities

Marian Landry, Health Promoter, Niagara Region Public Health

A Roadmap to Guide Changing Policies in Support of Physical Activity

Nancy Dubois, Consultant, The Health Communication Unit (THCU)

Working with Schools: Key Learnings from Ophea

Margaret Good, Provincial Healthy Schools Consultant, Ophea

Richard Ward, Provincial Education Consultant, Ophea

Heart Wise Exercise Initiative

Jane Brownrigg, Regional Manager, Prevention & Rehab, University of Ottawa Heart Institute

3:15 – 3:45 PM

Closing Remarks

Door Prize Draws

Snack to go...

**Agenda is subject to change*