

Alberta Centre for Active Living: Rural Route to Active Aging Community Presentations

October 2007, EDMONTON: The Alberta Centre for Active Living is coming to your community to host a discussion about physical activity and aging in rural Alberta.

These presentations (which are free and open to the public) are part of a new project to develop resources to promote physical activity for adults (55 to 75) in rural areas. According to Jennifer Dechaine, the centre's Older Adult Coordinator, the presentations "will share what we heard from rural older adults when we visited Alberta communities."



The Rural Route to Active Aging's goal is to improve the health of rural Albertans through education, facilitate community action and promote lifelong physical activity. The presentations will also launch a new booklet to promote regular physical activity for rural adults aged 55 to 75.

Who Should Attend the Presentation?

- Practitioners, decision-makers, older adults, and community leaders in health, recreation and service delivery.
- Anyone who has a role in influencing development and change in the community.

What's the Presentation About?

- Being physically active in rural Alberta (why it's important for all ages).
- What we heard in our focus groups and other useful findings from recent studies.
- Key resources for promoting healthy aging and best-practice programs.
- Ways to assess the "walkability" of your community.
- Sharing a new print resource for older adults.

What's happening in your town? We'll discuss the good, the bad and ways to make your community more activity friendly. Please see below for a schedule of times and places.

The Alberta Centre for Active Living is a non-profit research and education centre that is supported by the Alberta Sport, Recreation, Parks and Wildlife Foundation, the Government of Alberta and the University of Alberta.