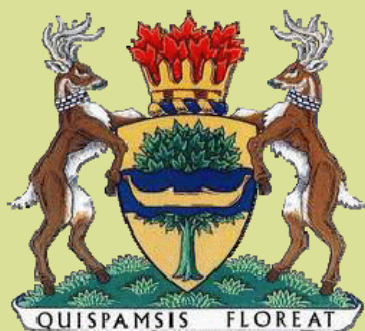




Quispamsis Active Transportation Information Session

MONDAY, NOVEMBER 30, 2009
7 pm Town Hall 12 Landing Court

Please be our guest at this free session!



For More
Information
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What is the workshop about?

At this workshop you will

- Become more familiar with the concept of Active Transportation (AT) and its importance to our daily lives and the health of our community
- Learn best practices and innovative designs for pedestrian and cycling facilities and view examples from other Canadian communities
- Be provided opportunities for input and discussion

Who should attend? This workshop is aimed at community leaders and citizens, health and wellness professionals, community planners, school board officials, community development organizations and members of the public with an interest in cycling, hiking, walking, running and Active Transportation.

Who is facilitating the workshop? Michael Haynes is the Director of TransActive Solutions, a company dedicated to improving the walkability and bikeability of Canadian communities. He was the National Active Transportation and TrailsCanada Coordinator of Go for Green from 2003-2008. Prior to this, he was the Executive Director of the Nova Scotia Trails Federation for 9 years. Recently, Michael has worked on project teams developing Active Transportation related plans for Halifax Regional Municipality, and the Regional Municipality of York and Chatham-Kent in Ontario. Michael has conducted AT workshops in more than 40 communities across Canada and regularly presents on trails across Canada and internationally. He is a member of the Public Health Agency of Canada's Advisory Committee for Active Transportation. Michael has published a number of trail guides for Nova Scotia and is currently working on *Hiking Trails of Ottawa*, which is scheduled for publication in 2009.

