

Improving walkability: one step at a time



REGIONAL WALKABILITY CONFERENCE 2014



The City of Ballarat together with Victoria Walks are delighted to convene the inaugural regional walking conference, 'Improving walkability: one step at a time'.

Coinciding with Community Safety Month, Walktober, Seniors Festival, Children's Week and VicHealth Walk to School program, the program offers a plethora of opportunities for participants to be engaged in thought provoking and inspiring presentations and activities.

Renowned speakers **Dr Ben Rossiter, Executive Officer, Victoria Walks** and **Dr Jan Garrard, School of Health and Social Development, Deakin University** will offer a range of walking research, policy and best practice during their keynote presentations, including

- How walking is good for business, the economic benefits of walking
- Creating communities for children and parents
- Impact of the urban environment on physical activity
- Seniors and walking: obstacles and opportunities
- Examples of walking best practice and policy

Walk the talk, in our 'Walk the Block' activity with walking experts and our special guest.

Join our metro and regional Case Study Experts as they provide practical examples of best practice around

- Network planning for walking
- Mapping walkability to improve physical and mental health, save money and improve the environment
- Managing barriers to participation in school based walking programs
- Developing walking environments in urban growth areas.

Join us in a
CBD Walking Tour!
11am-12pm

Thursday 16th October

Your Hosts:
Adam Parrott,
Senior Landscape Architect, City of Ballarat
Julie Collins,
Public Art Co-ordinator, City of Ballarat

Meeting point:
Ballarat Town Hall,
Sturt St

When: Thursday 16th October

Time: 12.30pm - 4.30pm

Where: Museum for Australian Democracy at Eureka

Cost: Free

Registration: communityengagement@ballarat.vic.gov.au