



# Windsor Locks and East Windsor

## Building a More Active Community!

Presented by Walkable Communities expert **Mark Fenton**

Hosted by North Central Connecticut District Health Department and the Towns of East Windsor and Windsor Locks

Funded provided by Connecticut Department of Public Health Chronic Disease Prevention Grant

### Wednesday, June 18, 2014 from 6:00 p.m. to 8:30 p.m.

Please Join us in The Ella Grasso Conference Room, Windsor Locks Town Hall, East Wing 1<sup>st</sup> Floor at 50 Church Street

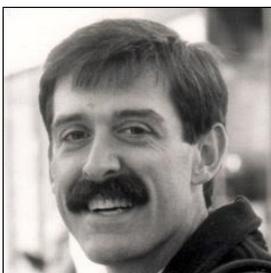
- Building community health in every sense: economic, environmental and public health
- The four keys to healthy community design, and the benefits
- Approaches from across the U.S., including cold-weather examples
- Cost-effective Complete Streets techniques
- First easy steps to walking- and biking-friendly cities



#### Who is invited?

- Representatives of public health depts.
- City/county boards & planning commissions
- All others working toward policy and environmental changes to support active living!
- Bike & pedestrian committees
- Planners & engineers

**To Reserve your Seats please call or e-mail:**  
**Jen in Windsor Locks at 860-627-1447 [jrodriguez@wlocks.com](mailto:jrodriguez@wlocks.com) or**  
**Marlene in East Windsor at 860-623-6030 [Mbauer@eastwindsorct.com](mailto:Mbauer@eastwindsorct.com)**



#### **Mark Fenton is one of the foremost experts on designing healthy, walkable communities.**

Mark Fenton is a national public health, planning, and transportation consultant; former host of the “America’s Walking” series on PBS, and an adjunct associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. He’s author of several books including the “Complete Guide to Walking for Health, Weight Loss, and Fitness” (Lyons Press, 2008) and “Pedometer Walking” (2006). He’s been a lead-trainer for the University of North Carolina’s National Center for Safe Routes to School, and facilitated walkable community workshop across North America. A former editor of WALKING magazine, Mark was a member of the US national race-walking team, competing in the 1984 and 1988 Olympic Trials in the 50-kilometer race-walk. He studied biomechanics at the Massachusetts Institute Technology, was a researcher at the Olympic Committee’s Sports Science Laboratory in Colorado Springs, Colorado, and manager of Reebok’s Human Performance Laboratory. Mark has published widely in exercise science, physical activity promotion, and community health interventions. He’s a vocal advocate for active transportation (even serving on his town’s planning board and by-law review commission), a consultant on bicycle and pedestrian community plans, and recognized authority on public health issues and the need for community, environmental, and public-policy initiatives to encourage more walking, bicycling, and transit use.