

## **Why walkability matters to health promotion**

Victoria Walks are offering delegates the chance to participate in two guided walks around Melbourne.

### **Melbourne walkabout – Why walkability matters to health promotion**

Join us for a walk around Melbourne. We'll take you through some walking highlights and lowlights of the city.

A few topics for discussion:

- How does healthy eating connect with physical activity on the streets?
- How does walkability affect the physical, mental and social health of the communities you work with?
- What are simple ideas to help make the places we live and work better for walking, thus improving incidental physical activity?

**Strictly limited numbers.** Please sign up at the registration desk.

**When:**            Wednesday 15<sup>th</sup> June 4.45pm – 5.45pm  
                         Thursday 16<sup>th</sup> June 1pm – 1.40pm

Please meet at the registration desk at the conference centre. Please bring an umbrella in case of rain.