



ARIZONA GOVERNOR'S COUNCIL  
ON HEALTH, PHYSICAL FITNESS AND SPORTS

## Eighth Annual Wellness Symposium



combine  
to present

Maricopa Association of Governments



IN THE 21<sup>st</sup> CENTURY CONFERENCE

# America Moves

Sheraton Mesa Hotel & Convention Center—Mesa, Arizona—April 3-4, 2003

**America Moves**—the ‘how to’ conference designed to create more active, liveable communities by forging partnerships and building alliances. Developing active partnerships between professionals will begin on day one—every session will be professionally facilitated in order to stimulate creative thinking and innovative program ideas among colleagues. Attending America Moves will give you the tools you need to create synergy and partnerships—invaluable resources given constricted budgets in today’s economy.

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*America Moves has attracted these high-power keynote speakers:*

**Dr. Robert Carmona**

U.S. Surgeon General (invited)

**Dan Burden**

One of Time Magazine’s Innovators for the 21st Century

**Martin Collis**

Internationally known physical activity expert, coach, and musician

**Dr. Art Mollen**

Nationally syndicated health columnist

**Mark Fenton**

Host of the PBS series “America’s Walking”

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**SESSIONS:**

- ❖ Partnering With Government—Your Best Buddy
- ❖ Walking—The Healthy Transportation Option
- ❖ New Ways to Spark Bicycling in Your Community
- ❖ Changing Our Neighborhoods From Car-Centered to People-Centered
- ❖ Institutionalizing the Freedom to Walk to School
- ❖ Allying With the National Agenda of Health Insurers/Health Organization
- ❖ Modeling Canada’s ‘Go For Green’ Physical Activity Program
- ❖ The Untapped Constituency—AARP and Senior Programs

**MOBILE WORKSHOPS:**

- ❖ Neighborhood Audits for Bike/Pedestrian Needs
- ❖ Walk/bike Mesa’s Multi-Use Path system
- ❖ Physically Impaired ‘Adaptive Recreation’
- ❖ Neighborhood Partner-Building Tactics
- ❖ Mobility Impaired Facility Design
- ❖ Test Drive the ‘Segway’ Mobility Device
- ❖ Using Pets to Get People Physically Active

**BREAKS:**

- ❖ Coffee
- ❖ Drumming, Yoga, Stretching



2003 CONFERENCE

# America Moves



April 3-4, 2003

Sheraton Mesa Hotel & Convention Center—Mesa, Arizona

## SUNSET RECEPTION AT MESA SOUTHWEST MUSEUM

Experience this premier Natural History and Cultural Heritage museum while socializing and networking with colleagues.

Only a short five-minute walk from the conference center and you'll gain a glimpse into the amazing history of the Southwest from ancient cultures to the vast biodiversity of the region with the highlight being the robotic dinosaurs. The recently expanded Mesa Southwest Museum is a true gem.



## WHO SHOULD NOT MISS THIS CONFERENCE?

(CEU credits given)

- ❖ Bicycle program professionals
- ❖ Pedestrian program professionals
- ❖ Health promotion professionals
- ❖ Elder facility program managers
- ❖ Disease prevention professionals
- ❖ Health/disease clinicians
- ❖ Recreation program coordinators
- ❖ Exercise program coordinators
- ❖ Smart Growth professionals
- ❖ Real estate developers
- ❖ Urban/city planners
- ❖ Transportation/traffic engineers
- ❖ Senior/elder program specialists
- ❖ Bicycle manufacturers/retailers
- ❖ Health insurers
- ❖ Open space planners
- ❖ Landscape architects
- ❖ Architects
- ❖ Elected officials
- ❖ Transportation Demand Coordinators

## NEED WE MENTION OUR WEATHER?

Mesa has gorgeous weather in April—lows in the 50s, highs around 80, and light breezes out of the west. There will be many additional pre- and post-conference activities to enjoy—golfing, walking, bicycling, museums, Arizona Diamondbacks baseball, antiquing, and more.

## THE COST OF THIS UNIQUE OPPORTUNITY?

ONLY \$130

## TO REGISTER:

Email [mdecindis@mag.maricopa.gov](mailto:mdecindis@mag.maricopa.gov) to request a registration form.

For more information visit:

[www.ci.mesa.az.us/citymgt/america\\_moves](http://www.ci.mesa.az.us/citymgt/america_moves)



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