

FROM THE GROUND UP FORUM 2003

Building Healthy Communities in Waterloo Region



A COMMUNITY FORUM

Share ideas, successes
and challenges!

Work towards building healthy
communities!

May 2nd & 3rd, 2003

ALSO AVAILABLE Pre-Forum Facilitation Training

When: Saturday, April 12th,
9:00am - 4:00pm

Where: Allan Reuter Centre
507 King St E, Cambridge

Who: EVERYONE'S INVITED!

Why: Develop skills in meeting
and group facilitation that
will benefit you and your
communities!

How Much: \$30 or by donation. No
one will be turned away
for lack of funds.

See enclosed Registration Form for
details

FROM THE GROUND UP FORUM

When: Friday, May 2nd, 6:30pm - 9:30pm &
Saturday, May 3rd, 8:30am - 4:30pm

Where: St. Andrew's Presbyterian Church,
54 Queen St. North, Kitchener

Who: **YOU!** People from all sectors and backgrounds. People with an
interest in building healthier communities.

Why: Because everyone plays a role in achieving healthy communities.
We can all learn from each other!

How Much: \$30 or by donation. No one will be turned away for lack of funds.
Free for volunteer facilitators.

See enclosed Registration Form for details



From the Ground Up is a project of:
**Waterloo Region Healthy
Communities Coalition**

For more information contact:

Stephanie Mancktelow

Phone: 519 883-2004 ext. 5445

E-mail: masteph@region.waterloo.on.ca

On the web: www.waterlooregion.org/healthy

**Many organizations have already contributed to the
success of From the Ground Up. They include:**

City of Cambridge
City of Kitchener
City of Waterloo
Township of North Dumfries
Township of Wellesley
Township of Wilmot
Township of Woolwich
Cambridge Chamber of Commerce
Civics Research Group
Greater Kitchener Waterloo Chamber of Commerce
IMPACT (Independent Media & Public Advocates Collaborating
Together)
The Wellness Network
Ontario Environmental Network
Ontario Healthy Communities Coalition
Region of Waterloo Public Health
Social Planning Council Kitchener Waterloo
St. Andrew's Presbyterian Church
World Wide Opportunities for Women

We look forward to the participation of many more
individuals and agencies.

WHAT IS A HEALTHY COMMUNITY?

A Healthy Community includes a sense of belonging, clean air and water, feeling safe in our neighbourhoods, green spaces, adequate and affordable housing, a satisfying job and decent wages. The economic, environmental, and social aspects of our communities all contribute to our region's HEALTH!



You do your part by supporting:

*Environmental Protection
Community Safety
Economic Development
Accessible Communities
Waste Management
Sustainable Transportation
Community Participation
Multiculturalism
Poverty Reduction*

FROM THE GROUND UP will include...

Opportunities to Network with Others

Who Share Common Goals

Friday, May 2nd & Saturday, May 3rd

Panel Presentation and Participant Discussion

*How can we work together to build a
healthy Waterloo Region?*

Friday, May 2nd, evening

Panelists include:

Susan Bryant: English teacher & long-time grassroots environmental activist

*Lea Caragata: Associate Professor, Community Development &
Social Planning, Wilfrid Laurier University*

Representative from Greater Kitchener Waterloo Chamber of Commerce

*Marc Xuereb: Healthy Communities & Policy Program,
Region of Waterloo Public Health*

Keynote Speaker: WAYNE ROBERTS

Saturday, May 3rd, morning

Wayne is a columnist for NOW Magazine, and has written several books which inspire individual efforts towards building healthy communities. In 2002, he received the Silver Award from Environment Canada and Canadian Geographic for his contributions to sustainable living. He has devoted his energy to proving that what is good for the environment is also good for jobs and ordinary people. "It's a vision that integrates economic, social and environmental well-being," he says. Wayne co-founded the Coalition for a Green Recovery, and is now project coordinator for the city of Toronto Food Policy Council

Facilitated Discussion Groups

*Explore issues and ideas that will help you build
healthier communities!*

Last year's themes included: Diversity and Making Membership More Accessible,

Business & Community Partnerships, Fundraising

Saturday, May 2nd, morning & afternoon

Informative displays which showcase participants' work and interests

Friday, May 2nd & Saturday, May 3rd

Great Vegetarian Lunch!

Much, much more...

FROM THE GROUND UP STARTS WITH YOU!! This is how it works...

1. When you register, you tell us what issues are important to you. **Your** input will shape **your** forum.
2. Displays will showcase participants' work and interests. Let us know on your registration form if you have something that you would like to share.
3. Network, network, network! Use this opportunity to share your skills, successes, and challenges with others working towards building a healthy Waterloo region.
4. **Complete the enclosed registration form and return by April 18 to:**

From the Ground Up
Waterloo Region Healthy
Communities Coalition
P.O. Box 40117, Waterloo, N2J 4V1
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Phone: 519 883-2004 ext. 5445
masteph@region.waterloo.on.ca

Cheques may be made payable to:
Waterloo Region Healthy
Communities Coalition