

OCT
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2019

COURTENAY, BC

UNDERSTANDING HEALTHY COMMUNITIES:

How land use planning effects our health



Did you know your postal code is as relevant to your health as your genetic code?

Join us at the **Filberg Centre** as we explore how we can enhance community health through our built environment.

Creating Healthy Built Environments

9 AM to 4 PM

A day of learning to educate and inspire professionals working in local governments, and interested community members, across a variety of planning, design and policy fields.

Understand the relationship between planning, design and public health illustrated through examples on transportation, climate change, and housing.

Learn more about the determinants of health, how to access population health data, case studies and health impact assessment tools.

Cost: **\$75** (\$35 for students)

Lunch and Refreshments included

Please contact organizers if cost is a barrier to your participation at:
islandnorth@pibc.bc.ca

Where Matters to Your Health

6:30 to 8:30 PM

This public event is an opportunity to learn more about the work being done to promote health and well-being in the Comox Valley.

Learn about:

- The key ingredients to a healthy community
- How the Comox Valley measures up on the United Nations Sustainable Development Goals
- The role of the built environment in supporting healthy behaviours
- How your valuable input can help to create places where we all thrive

Cost: **FREE**

For more information and to register for the day event visit:

www.pibc.bc.ca/chapter/vancouver-island-north-chapter

