

# Maine Active Community Environments

## Workshops

Working to improve your community's built environment? Want to make it easier for people in your community to be more active where they live, work and learn? The Maine Active Community Environments workshops can help community members build places where people of all ages and abilities have the opportunity to have an active lifestyle through many venues including transportation, walking and biking. Learn how!

### **Take-aways:**

- opportunities for healthy active living
- success stories
- financial resources
- networking with neighboring communities
- resource materials and hands-on map work



## 3 WORKSHOP OPPORTUNITIES

Thursday, November 12 - Bangor, City Hall, 73 Harlow St. 2 - 4 pm

Wednesday, March 2 - Lisbon, MTM Rec. Center, School St. 10:30 am - 12:30 pm \*

Wednesday, March 9 - Rockport Opera House, 6 Central St. 8 - 10 am

Register on line at <http://tinyurl.com/2015-16-ACE>

*All sessions are free of charge and include all materials and light healthy snack.*

*Bring a team from your city or town for the best results.*

\*in conjunction with a Maine Downtown Institute (8:30-10:30 am). Information will be provided separately.

