



Active Living Workshop

PLAN4Health – Miami Valley Workshop Series

Montgomery County Business Solutions Center
Thursday, March 2, 2023
2:00 PM to 3:30 PM

AGENDA

- I. **Welcome and Warm Up Activity** (10 minutes)
 - Online Polling
 - *What comes to mind when you hear the phrase “active living”?*
- II. **PLAN4Health – Miami Valley Built Environment Assessment Briefing** (20 minutes)
 - Presentation by MVRPC with Online Polling
 - *What barriers prevent people from being active?*
- III. **Small Group Activity and Discussion** (45 minutes)
 - Small Group Discussion
 - *Recommend any strategies or ideas that could remove barriers and/or improve active living.*
 - *What tools or resources would be helpful to advance active living in your community/our region?*
- IV. **Wrap Up** (15 minutes)
 - Small Group Reporting and Homework
 - *What steps could you take in the near-term (1 to 2 years) to advance active living in your community?*

1.5 AICP CM Credits Available (Event #9264527)