



Canadian Association for the  
Advancement of Women  
and Sport and Physical Activity

Association canadienne pour  
l'avancement des femmes  
du sport et de l'activité physique

# Lead the Way!

## A Workshop to Encourage Women 55-70 to be More Physically Active



**When:** Friday, February 25, 2011 - as part of Mississauga Sports Week 2011 Celebrations!  
**Time:** 9:00 a.m. Registration – 9:30 a.m. – 12:30 p.m. Workshop  
**Where:** Mississauga Sports Hall of Fame  
 Sports Complex Lobby – Hershey SportZone (follow the Green signs to the Sports Complex)  
 5600 Rose Cherry Place, Mississauga, ON L4Z 4B6

**Who:** Women 55-70 who are interested in doing more to get themselves, their peers and their communities physically active



### What:

#### About the Event

Mississauga Senior Games and the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), with support from the Mississauga Sports Council and the City of Mississauga, would like to invite you to a fun 3 hour workshop to discuss physical activity challenges and opportunities specifically for women 55-70.

#### What will be presented?

- *Challenges, Solutions, Opportunities* brought forward by women 55-70
- *Statistical information* on what is unique about women 55-70 and the role of physical activity
- *Local Information* about what groups are doing to increase physical activity for women 55-70
- *Ideas* about what is needed in your community to get more women 55-70 physically active
- A 'new' *funding opportunity* to pilot one of YOUR ideas!
- *Next steps* on how YOU can get yourself and more women 55-70 physically active



#### How to Participate

To participate please contact Denise Bourgon at [seniorgames@sportsmississauga.org](mailto:seniorgames@sportsmississauga.org). If you have any questions or require further information please contact Mississauga Sports Council at 905.267.3536.

#### Provincial Workshops

This workshop is one of 14 taking place across Ontario over the next three months funded by the Ontario Ministry of Health Promotion and Sport through the Healthy Communities Fund. To register please contact the individual indicated below for more information.

Location	Date	Contact
Fort Frances	February 22, 2011	Becky Holden <a href="mailto:bholden@nwhu.on.ca">bholden@nwhu.on.ca</a>
Sioux Narrows	February 23, 2011	Holly Kropelin <a href="mailto:hKropelin@nwhu.on.ca">hKropelin@nwhu.on.ca</a>
Thunder Bay	February 24, 2011	Nancy Angus <a href="mailto:NAngus@thunderbay.ca">NAngus@thunderbay.ca</a>
Mississauga	February 25, 2011	Denise Bourgon <a href="mailto:seniorgames@sportsmississauga.org">seniorgames@sportsmississauga.org</a>
Windsor	March 23, 2011	Margery Holman <a href="mailto:holman@uwindsor.ca">holman@uwindsor.ca</a>
Sarnia	March 24, 2011	Miriam Carmody <a href="mailto:mcarmody@sarnia.ca">mcarmody@sarnia.ca</a>
Woodstock	March 25, 2011	Chris Cunningham <a href="mailto:Chris@southgatectr.ca">Chris@southgatectr.ca</a>
Dokis First Nation	March 28, 2011	Berbadette Restoule <a href="mailto:bernadetterestoule57@hotmail.com">bernadetterestoule57@hotmail.com</a>
Sudbury English	March 29, 2011	Louise Hickey <a href="mailto:LOUISE.HICKEY@cambriancollege.ca">LOUISE.HICKEY@cambriancollege.ca</a>
Sudbury French	March 30, 2011	Lorraine Leblanc <a href="mailto:leblanclorraine@rogers.com">leblanclorraine@rogers.com</a>
Oshawa	April 11, 2011	Kim Evans <a href="mailto:KEvans@oshawa.ca">KEvans@oshawa.ca</a>
Ottawa	April 13, 2011	Nadine Rlias <a href="mailto:NElias@ottawaheart.ca">NElias@ottawaheart.ca</a>
Toronto	TBD (April)	TBD
Mount Forest	TBD (April)	TBD



## It's Your Turn!

Meet new people!

Make a difference!

Win prizes!