



Media Advisory – Aug. 7, 2009

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Designing neighborhoods that promote active living

The way we design and build our communities can affect our physical and mental health. Snohomish County Long Term Care and Aging is presenting a forum Sept. 25 on designing and building neighborhoods that promote active living.

Most researchers agree that moderate physical activity and social interaction could dramatically improve America's public health. The "built environment," including neighborhoods, transportation systems, buildings, parks and open space, can actively promote a healthier lifestyle.

In partnership with United Way, Snohomish Health District, Senior Services of Snohomish County and the Washington Association of Area Agencies on Aging, "Healthy Communities by Design for All Ages" will take place from 9 a.m. to 4 p.m. at the Edward D. Hansen Conference Center at the Comcast Arena, 2000 Hewitt Ave., Everett.

Keynote speakers will be Bob Drewel, executive director of the Puget Sound Regional Council, and Mark Hinshaw, director of urban planning for LMN Architects. Panelists include leaders from the Economic Development Council, University of Washington, Seattle Children's Hospital, Snohomish County Planning and Development and Sound Transit.

The fee to attend is \$25, which includes lunch. Registration is available at healthycommunitiesforum.eventbrite.com. Questions can be addressed to Joyce Frasu at 425-388-7377 or j.frasu@snoco.org.

As the local Area Agency on Aging, Snohomish County Long Term Care and Aging conducts planning and educational efforts, advocates with and on behalf of older adults in the county and administers federal, state and county funds to provide in-home and community-based services.

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