

## *Celebrating and Building Our Communities:* Concurrent Sessions Insert

Please indicate your 1st, 2nd & 3rd choice for each concurrent sessions grouping by noting the session code on your registration form.

Session Code		Monday 1:30pm (Section A)	
A1	Physical Activity and Chronic Disease Prevention	Louise Choquette - Physical Activity Resource Centre	Explore the role of physical activity promotion in chronic disease prevention and control. This practical session will highlight successful programs as well as physical activity recommendations, precautions and contraindications for chronic diseases such as cardiovascular disease, stroke, cancer, osteoporosis and diabetes.
A2	Heart Healthy Kids Drama Production	Laura Carlson - HSFO, Durham Region	Every Year, High School Drama Classes Partner with Durham Lives! The Heart and Stroke Foundation of Ontario and Durham Region Health Department to put together a drama production that teaches the importance of being Heart Healthy.
A3	Shift work Like Clockwork	Mary Ann Diosi - PHN, Sudbury & District HU	Today, shift work is not just a work schedule, it's a way of life. This presentation will introduce participants to a work site program to help shiftworkers understand how shift work affects the body, and learn practical suggestions for successful coping.
A4	Take Your Heart for a Walk – a Walking Map	Frances Whissell - Cardiology Technologist	Developing a walking map within a community helps to plan a beneficial exercise program. Walking is an easy and inexpensive way to encourage people to become active. Knowing the respective distance of each route also helps to encourage people to start walking and motivates them to set attainable goals and reach them.
A5	The development of “Love Your Heart Tool Kit for Diverse Communities” – a journey of the Multicultural Heart Health Partnership	Krystyna Lewicki, Loan Ta, Lisa Swimmer, Toronto Heart Health Partnership	The MHHP has experienced first hand the synergy for success through the process of developing an exciting new resource for facilitators working with diverse communities. You will learn important lessons about working in partnership. There is little doubt you will also be inspired to facilitate a heart health workshop!

Session Code		Monday 2:30pm (Section B)	
B6	Creating Partnerships for Active Healthy School Communities	Eddie Wright - OPHEA	Ophea is coordinating an active healthy school communities initiative in Ontario to assist schools and their supporting communities in strengthening their capacity to become healthy settings for living and learning.
B7	Ottawa's Physical Activity Strategy	Karen Bays and Heather Seaman, Ottawa HU	A Sharing of ideas, process, and learning of community/partnership mobilization and support.
B8	Savoury Sampling – Introducing Heart healthy Eating to Low Income Individuals	Dianne Coppola, HH Coordinator (interim contact), Niagara	The Savoury Sampling program was developed to promote awareness of heart healthy recipes that can be prepared using foods readily available at local food banks. Participants in this workshop will learn what is needed to start a successful program in their community. Join us to hear about the challenges, rewards and lessons learned.
B9	Community Partnerships in Motion	Kim Bergeron, HH Coordinator, Haliburton Kawartha, Pine Ridge District Health Unit (HKPR)	This workshop will identify key areas that impacted on the Health for Life community partnership moving from a focus on heart health to chronic disease prevention. The process of building community partnerships, shared values and joint visioning will be presented.
B10	Communities That Care	Johanne Nolin, Eastern Ontario Health Unit	By the end of this workshop, participants will have a better understanding of how to reach the "hard to reach" and also how to incorporate social determinants of health in OHHP Phase II planning. A Community that Cares is a result of the development of strong community partnerships and the collaboration of various agencies working toward a common goal.

Session Code		Monday 3:30pm (Section C)	
C11	101 Fun Things to do with a Rubber Chicken	Art Manhire and Kevin Strachan	Fun, interactive play and learn session. Get active, break the ice, fun fit breaks. Learn the aerodynamic properties of a rubber chicken.
C12	Online and Interactive: A Campaign Planning Tool	Nancy Dubois, THCU	Come and learn how The Health Communication Unit's popular 12-step process for developing, implementing and evaluating health communication campaigns is going 'virtual' with an online interactive program. It allows users to create, save, print and later modify an attractive visual summarizing audiences, objectives, channels, vehicles, and timelines.
C13	Building Leadership Capacity for Health Promotion	Kim Bergeron - HHCoordinator, HKPR	This workshop will present five leadership practices based on the book titled "The Leadership Challenge 3rd ed. by Kouzes and Posner (2002)" that build capacity for health promotion within the community partnerships. Participants will learn new leadership challenges to bring out the leader in themselves and community partners.
C14	Women with Heart	Sheila Lupson - ED, London Community Resource Centre	To reach disadvantaged groups, London's Heart Health Coalition created a "kitchen table" teaching resource for a peer led program. Method, results and evaluation of the "Women with Heart" pilot project are discussed.
C15	A 30 minute tour of Heart Health in Ontario: Context for OHHP-Phase II	Barb Riley, RBJ Health Management	A 14-year history of heart health promotion in Ontario provides a rich foundation for OHHP-Phase II. This presentation will highlight major lessons from research and evaluations of three major heart health programs completed since 1990.

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Session Code		Tuesday 1pm (Section D)	
D16	101 Fun Things to do with a Rubber Chicken	Art Manhire and Kevin Strachan	Fun, interactive play and learn session. Get active, break the ice, fun fit breaks. Learn the aerodynamic properties of a rubber chicken.
D17	Heart Healthy Kids Drama Production	Laura Carlson - HSFO, Durham Region	Every Year, High School Drama Classes Partner with Durham Lives! The Heart and Stroke Foundation of Ontario and Durham Region Health Department to put together a drama production that teaches the importance of being Heart Healthy.

<b>D18</b>	<b>Savoury Sampling – Introducing Heart healthy Eating to Low Income Individuals</b>	Dianne Coppola, HH Coordinator (interim contact)	The Savoury Sampling program was developed to promote awareness of heart healthy recipes that can be prepared using foods readily available at local food banks. Participants in this workshop will learn what is needed to start a successful Savoury Sampling Program in their community. Join us to hear about the challenges, rewards and lessons learned in designing, marketing and implementing the program with community partners, volunteers and food bank clients.
<b>D19</b>	<b>Community Partners join the smoke-free homes movement: Practical examples</b>	Suzanne Thibault and Laura King, Toronto Public Health and NY Heart Health Partnership	Simple and easily integrated initiatives to promote smoke-free homes with community partnerships, including an overview of North York Heart Health Network's successful smoke-free homes baby bib initiative and highlights of other Breathing Space community partnership activities across Ontario.
<b>D20</b>	<b>Communities That Care</b>	Johanne Nolin, Eastern Ontario Health Unit	By the end of this workshop, participants will have a better understanding of how to reach the "hard to reach" and also how to incorporate social determinants of health in OHHP Phase II planning. A Community that Cares is a result of the development of strong community partnerships and the collaboration of various agencies working toward a common goal.

**Session Code Tuesday 2pm (Section E)**

<b>E21</b>	<b>Take 5: 5-10 a day...your way –Evaluation of Vegetable and Fruit Behavioural Intervention Pilot</b>	Myrna Wright, Cancer Care Ontario	Take 5: 5-10 a day ...your way is a community based, behavior change program that promotes the consumption of 5 to 10 servings of vegetables and fruit every day. The session will include local and provincial partnership perspectives, organizational learnings, and inform participants about the dissemination of the pilot to province wide uptake.
<b>E22</b>	<b>The PTCC's Electronic Toolkit of Better Practices applied to Breathing Space: Community Partners for Smoke-free Homes as a 'recommended' program</b>	Karen McLean, Suzanne Thibault, Toronto Public Health and PTCC	Join an interactive display session to see how the Program Training and Consultation Centre's new Electronic Toolkit can help you select and implement programs to give you the tobacco control results you want. Materials, resources and reports from the Breathing Space: Community Partners for Smoke-free Homes project will be used to demonstrate how the review process is applied, and how communities can replicate 'recommended' or 'promising' programs on their own.
<b>E23</b>	<b>A 30 minute tour of Heart Health in Ontario: Context for OHHP-Phase II</b>	Barb Riley, RBJ Health Management	A 14-year history of heart health promotion in Ontario provides a rich foundation for OHHP-Phase II. This presentation will highlight major lessons from research and evaluations of three major heart health programs completed since 1990.
<b>E24</b>	<b>Mission Possible, a peer led tobacco cessation campaign for high school students: Results of a pilot evaluation</b>	Romilla Gupta, Tobacco Control Consultant	Mission Possible, a peer led tobacco cessation campaign for teenagers was piloted in 2003. Results of the evolution are presented.
<b>E25</b>	<b>Promoting and Celebrating Heart Healthy Initiatives in Elementary Schools</b>	Dianne Coppola, HH Coordinator (interim contact), Niagara	Participants in this workshop will hear about the challenges, rewards and lessons learned in designing, marketing and implementing a comprehensive HHSA program. Come and see how you can help your schools recognize all the good work they are currently doing in this area and take the next step toward incorporating other heart healthy activities and policies into their school community.



