



# PIONEERING HEALTHY COMMUNITIES

## The Good Life - Chattanooga's Healthy Living Strategy

Livable Chattanooga is a local educational effort developed in conjunction with the Pro Walk/Pro Bike Conference. The conference will begin and end at the Chattanooga Convention Center on Friday, September 17, and between the start and the finish, there will be very little sitting and lots of moving around town. Blue Cross Blue Shield of Tennessee will be our host for lunch and will provide us with a first-hand look at their intentional efforts to provide a healthy work environment for all employees.

Our hope is that more people within our community will come out to join us as we take a look at Chattanooga from a different perspective. You will see that much has been done, yet there is still much to do. At the end of the conference you'll see a variety of opportunities to get involved in making Chattanooga a healthy place to live, work and play!

The purpose of Livable Chattanooga is to give you a view of specific public health issues facing our community and the innovative solutions developed to address these issues. As efforts continue toward building a healthier Chattanooga, it is vital to gather everyone together to share these unique and challenging opportunities.



Free of charge

Registration deadline: September 14, 2010

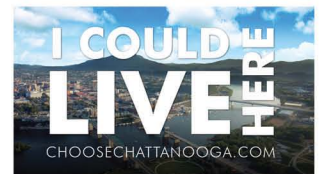
Limited to 75 participants



The Partnership for Healthy Living



Healthier Living Through Better Communication



# SCHEDULE OF EVENTS

- 11:00 Chattanooga Convention Center with Philip Pugliese in Room A & B at the Marriott Plaza  
Welcome to Livable Chattanooga, sponsored by Blue Cross Blue Shield of TN, Choose Chattanooga, Outdoor Chattanooga, the Partnership for Healthy Living and YMCA Pioneering Healthy Communities
- 11:15 Shuttle to Blue Cross Blue Shield of TN
- 11:45 Tour and Lunch at Blue Cross Blue Shield of TN with Ryan Picarella, Manager, Corporate Wellness and Ron Harr, Senior Vice President, Human Resources and Public Affairs
- 12:45 Shuttle to Chattanooga Convention Center, Marriott Plaza
- 1:30 Looking at the Evidence with Dr. Greg Heath, UTC and UT College of Medicine, Chattanooga



2:00 **Choose a 1st and 2nd choice of the Mobile Workshops:** (each workshop is limited to 15 participants)

**Mobile Workshop 1:** Tennessee Riverpark by Bicycle with Trevor Childress, Active Living and Transportation Network  
Chattanooga's unique park that runs along the Tennessee River features an easily accessible trail that stretches nearly ten miles from Ross's Landing in Downtown Chattanooga to the Chickamauga Dam.

**Mobile Workshop 2:** Connecting People to Foods with Lori Quillen, "OCH Center"  
Explore transportation issues facing neighborhoods in food deserts. Tour community gardens and the East Chattanooga Community.

**Mobile Workshop 3:** Getting around Town with David Baird, Chattanooga-Hamilton County Regional Planning Agency  
Learn about the Multimodal Travel Time Pilot Study. This study shows travel times using automobile, transit, bicycle, and walking in the downtown Chattanooga corridor to and from the top five downtown destinations.

**Mobile Workshop 4:** Public Art Tour with Adera Causey, Hunter Art Museum  
Explore the First Street Steps and other downtown and North Chattanooga public art. See how Chattanooga uses trails as the backdrop for amazing art by taking a walking tour of the Chattanooga waterfront and Renaissance Park.

**Mobile Workshop 5:** Moccasin Bend Gateway with Pam Glaser, Planning & Design Studio  
Look at transportation and planning issues associated with development of one of America's newest National Parks, the Moccasin Bend Archaeological District.

3:15 Chattanooga Convention Center with Bill Rush in Room A & B at the Marriott Plaza  
Putting Chattanooga into the context of the National trends with Kit Keller, Executive Director, Association of Pedestrian and Bicycle Professionals.

4:30 Adjourn

## Registration Information

Please sign me up for:  MW1  MW2  MW3  MW4  MW5

Name \_\_\_\_\_ Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Register By Mail: YMCA of Metropolitan Chattanooga

Livable Chattanooga

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Submit applications to: <http://www.surveymonkey.com/s/9FMWR2L>