



## COMPASS Education Series Presents

**Mr. Mark Fenton**

### *Speak Up, Act Up, and Step Up: A Call to Support Healthy Community Design*

Meridian, ID – The Community Planning Association of Southwest Idaho (COMPASS) is pleased to welcome Mr. Mark Fenton as the fourth speaker in the COMPASS 2013 education series on June 17 and 18, 2013.

Public health, planning, and transportation consultant Mark Fenton notes that simply telling people to eat well and exercise more is not stemming the nation's rising tide of chronic disease and associated health care costs and suggests that broader changes are necessary to tackle this issue. Mr. Fenton will share his experience in designing healthier communities that allow for an increase in daily physical activity and result in a healthier population overall.

Mr. Fenton's presentation, "Speak Up, Act Up, and Step Up: A Call to Support Healthy Community Design," is free and open to the public.

- Monday, June 17, 2013
- COMPASS; 700 NE 2<sup>nd</sup> Street, Meridian (first floor Board room)
- 5:30 pm – 6:00 pm reception
- 6:00 pm – 8:00 pm presentation and discussion
- **FREE!** Please RSVP to [jwilson@compassidaho.org](mailto:jwilson@compassidaho.org) or 208/475-2230

Mr. Fenton will also present "Building Community Health with 'Sticky' Designs" on Tuesday, June 18. This presentation is also free and open to the public, but will have a more technical focus. It will be offered at the Ada County Highway District auditorium at 3775 Adams Street in Garden City. Please RSVP as above.

Mr. Fenton is an adjunct associate professor at Tufts University's Friedman School of Nutrition Science and Policy and former host of the *America's Walking* series on PBS television. He is the author of numerous books including the best selling *Complete Guide to Walking for Health, Weight Loss, and Fitness*. He is a frequent consultant on bicycle and pedestrian community plans and a recognized authority on public health issues.

These two presentations are offered by COMPASS as part of its annual education series and are brought to the Treasure Valley with help from several co-sponsors: ACHD Commuteride, Activate Treasure Valley, Central District Health, Southwest District Health, and Valley Regional Transit.

For more information on these and future presentations, visit [www.compassidaho.org/comm/publicevents\\_2013\\_ed\\_series.htm](http://www.compassidaho.org/comm/publicevents_2013_ed_series.htm).

If you need assistance to attend either presentation, please call 208/475-2229 with 48 hours advance notice. Personas que necesitan asistencia especial, favor de llamar al número 208/475-2229 con 48 horas de aviso.