

Exploring Health and Active Transportation in the Community



Have you heard about "active transportation" before?
Do you wonder what it means - or could mean -
for you and your community?

Wednesday, March 23, 6:30 - 8:30 pm

In a nutshell, active transportation refers to any form of human-powered transportation - including walking, cycling, skateboarding, or using a wheelchair. Active transportation provides an opportunity to be physically and socially active on a regular basis, reduces road congestion, and is environmentally friendly.

Delta HUB Cycling in partnership with Fraser Health invites the North Delta community for a discussion to explore ways in which citizens can adopt more active modes of transportation. We hope to share some helpful information, and hear your stories and questions about active community living.

Open to everyone. For more details, contact Delta HUB: delta@bikehub.ca



George Mackie Library
8440 - 112th Street, Delta | 604-594-8155
[Read. Learn. Play. | www.fvrl.ca](http://www.fvrl.ca)

