

# Healthy Southcoast by Design

Featuring **MARK FENTON**

A PEDESTRIAN ADVOCATE AND NATIONALLY  
RECOGNIZED EXPERT ON HEALTHY COMMUNITIES

*Mark Fenton  
addressing a crowd  
during an active community walkabout  
For more information  
[www.nspapph.org/resources/video.html](http://www.nspapph.org/resources/video.html)*



## Day One *March 23*

**MORNING: Community Walks & Commentary**  
(rain or shine)

**AFTERNOON: Safe Routes to School Workshop at  
Keith Middle School**

Mark Fenton will lead the participants in a Community Active Living Assessment of three SouthCoast communities. This is an opportunity to not just see but to EXPERIENCE the built environment as a pedestrian and recognize the impact (or absence) of everything from mundane features such as curb ramps and crosswalks, to multi-use trails, traffic calming, and mixed use environments.

Mark Fenton will introduce the SRTS concepts for the school community. Students, parents and school administrators will begin the process of working with the entire school community in encouraging students to walk or bicycle to school. Mark will present insights for putting on successful events, creating long-term, permanent improvements and share inspiring case studies from around the country.

Tentative Schedule (Join us for one or all routes\*):

- 8:00 AM – Meet at Keith Middle School
- 8:30 AM – **New Bedford** Walk begins at Our Lady Mt Carmel Church, 230 Bonney Street
- 10:00 AM – **Dartmouth** walk begins at Potter School, 185 Cross Road
- 11:30 AM – **Wareham** walk begins at Community Television, 505 Main Street
- 12:30 PM – Lunch provided on route

- 1:30 PM – Keith Middle School Community Room for SRTS workshop
- 2:30 PM – Watch dismissal with Mark Fenton's commentary
- 3:00 PM – Community Meeting Room for debrief and future action steps
- 4:00 PM – Finish

\* Bus transportation provided between the walking routes

THIS IS A FREE EVENT THANKS TO THE FOLLOWING **Sponsors**



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New Bedford  
**C.O.A.S.T.**



**SOUTHCOAST**  
HOSPITALS GROUP  
Charlton ■ St. Luke's ■ Tobey  
[www.southcoast.org](http://www.southcoast.org)

### Contact Information and Registration:

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## DayTwo March 24

### Community Leaders Breakfast at New Bedford Whaling Museum

- 7:45 AM – Continental Breakfast – provided by Southcoast Hospitals Group
- 8:30 AM – Welcome by Mayor of New Bedford and Introduction of Special Guests

#### Keynote Address: Healthy Community Design – Mark Fenton

Mark will inspire us all to get moving and start taking action in our SouthCoast communities around our greatest current public health concern--the rise of sedentary lifestyles and their associated afflictions. The focus will be on the creation of more livable communities. Mark will speak about the benefits of a healthier work force; cost-effective, long-term activity promotion; modern development; suburban sprawl; the call for more sustainable communities; the need for responsible environmental stewardship and preservation of open space; and the development of trails and greenways. Mark will interact with the audience and start the process of creating an action plan for policy, environmental and systems changes that can be implemented to make our SouthCoast communities healthier.

### Workshop Sessions - Pick One:

10:15 –11:45 AM Workshops to be held at New Bedford Whaling Museum & National Historical Park

1. Safe Routes to Schools - Ben Hammer & Anna Issacson
2. Trails, Greenways and Connectivity - Healthy City Fall River Initiatives including city focus on walking paths and city hall changes – Julianne Kelly & Mike Langford
3. Healthy Futures and Initiatives - Hockomock Area YMCA is currently working in five communities on policy, environmental and systems changes – Ethan Kehoe
4. Transportation & Land Use Policy Implementation – A continued, deeper discussion from the keynote address – Mark Fenton
5. Healthy Nutrition – Covering such topics as community gardens, zoning to limit fast food, menu labeling, Community Supported Agriculture, school and workplace vending solutions – Pat Bebo & Derek Christianson

12:00 - 1:00 PM Lunch – provided by Southcoast Hospitals Group. This will be a working lunch with breakout workshop groups reporting back.

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