



Guest Speakers
David Cohen
Dr. Phil Wu
Marie Bouvier
Angela Brosius

Commission on Aging Speaker Series

Join us **April 17, 2019**

4:30 – 6:00 p.m.

Public Service Center

1300 Franklin Street, Vancouver

Learn about Parks, Recreation, and Health

Convenient access to parks, open spaces and quality recreational facilities and programs greatly increases the likelihood of physical activity. Regular participation in physical activity can provide social and emotional benefits by reducing depression and anxiety, improving mood and maintaining a healthy lifestyle.

David Cohen and Dr. Phil Wu, from The Interwine will present on the connection between health and nature. Marie Bouvier, from Ridgefield Parks Board will talk about the city's efforts to increase access to parks. Angela Brosius from Vancouver Parks and Recreation will discuss how their recreational programs impact older adults' lives.



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