



Clinton County Health Department

Paula Calkins Lacombe, Director of Public Health
133 Margaret Street, Suite 117, Plattsburgh, New York 12901-2968



Public Health
Prevent. Promote. Protect.

“Working Together for a Healthier Community”

Health Information Line: (518) 565-4490 Web: www.clintonhealth.org

Administration Unit

Manager: Ellen Hemingway

Phone: (518) 565-4840

Fax: (518) 565-4717

Clinton County Health Department Press Release "Complete Streets Training Opportunity" May 6, 2010

The Clinton County Health Department's Action for Health community partnership addressing chronic disease in our county, is sponsoring two Complete Streets trainings this year. Participants will learn about planning strategies and basic design and maintenance principles used in pedestrian and bicycle friendly communities. Participants will also learn how to do a community assessment for walkability and bikeability. Other topics will include traffic laws, essential items for one's "toolkit", education strategies, and multi-use facilities and enforcement.

Improving a communities design to allow for increased walking, biking and other appropriate physical activities has proven to be an effective way to address the rising levels of obesity for all age groups. Lack of daily physical activity has been directly linked to many chronic diseases that add to the burden of health care and insurance costs. Walking and biking are easy and fun activities that can be enjoyed by individuals and families in many of our communities with a few road design changes.

The primary audience for the training are planning and zoning board members in local municipalities, along with other community decision makers. The training is free of charge. Each class size is limited to twenty-five people.

The first training will be held on June 23, 2010 at the Old Courthouse, second floor, located at 133 Margaret Street in Plattsburgh. The second training will be held on September 22, 2010 in Rouses Point at the Rouses Point Civic Center located at 39 Lake Street. The day long training will run from 8am – 3:30pm. Lunch will be provided. A short walking tour of the community is part of the training so please wear comfortable shoes.

To download the informational flyer and registration form please go to the Clinton County Health Department's website at www.clintonhealth.org and look under the event section. Registration can also be completed by phone by calling the Health Department at 565-4993.

Endorsed by: _____
Paula Calkins Lacombe
Director of Public Health