

For Families:

4th Annual Eastern Ontario Active Transportation Summit, May 31st and June 1st: Are you a downtown business person, who wants to discover the economic potential of pedestrian and cycle friendly communities? Maybe you're a resident that wants to be able to get around your community more easily and safely, on foot or on a bike. Come learn about simple concepts that make towns healthier, more vibrant, and stronger economically. For more information, visit [Eastern Ontario Active Transportation Summit!](#)

Triple P: “Any man can be a father, but it takes someone special to be a Dad” Anne Geddes. As Father’s Day approaches, who are the Dads in your life? Who has inspired you, supported you or encouraged you? If you are a father, remind yourself that:

1. Managing a family can have its challenges. It’s OK to make mistakes and learn as you go.
2. Surrounding yourself with supportive, helpful people encourages you to be positive and to parent well.
3. Regular exercise can help keep you healthy AND can be a great way to spend time with your kids!

This Father’s Day, June 18, thank the male role models in your life for the many ways they inspire you to be a better parent! To explore answers to more of your parenting questions, visit www.triplep-parenting.ca or call the Health Action Line at 1-800-660-5853.