



# Fuelling Recreation in Your Community



## **Kim Bergeron, Health Promotion Consultant, Public Health Ontario**

Kim has over 20 years of experience facilitating multidisciplinary partnerships to create healthy, sustainable communities. Kim works towards policy change, program development, and improving standards of practice to address health inequities. Kim holds a doctorate in health studies with a focus on health and the built environment from Queen's University and a Master of Health Studies from Athabasca University.



## **Ken Wood, Manager of Community Services, Township of Blandford-Blenheim**

I am a product of Loyalist College's Recreation and Leisure program. I have spent over 25 years as a manager and director of municipal parks and recreation services throughout Ontario and Manitoba. I have worked for rural communities such as Rideau Lakes and Cramahe Township; small northern towns of Cochrane and Leaf Rapids MB; and the cities of Kingston and Peterborough. Specializing in community development and master planning, I enjoy working in small communities and bringing a outside the box rationale to my thinking and asking the questions of "why do we do what we do" and "how can we do this better".



## **Frank Prospero, former co-chair Healthy Kids Community Challenge Waterloo Region, Vice President Williamsburg Community Association**

Over the past 25 years, Frank has had the opportunity to learn from and contribute to the successful management and collaborative leadership of several not-for-profit and municipal agencies. Through demonstrated skill, mentoring, innovation and a team approach, he has contributed to the growth and personal development of hundreds of consumers, students and colleagues within the following sectors: community development, recreation, sport, tourism, health, and disability. Frank continues to be part of his community as the co-developer of his neighbourhood association, his involvement in the development of the City of Kitchener's Neighbourhood Strategy and most recently has co-chaired the Region's of Waterloo Healthy Kids Challenge. Frank believes that it is important to think outside the box as you Connect, Engage and Inspire.



## **Katie Neil, Registered Dietitian**

Katie is a Registered Dietitian working for Oxford County Public Health and a new sessional faculty in the Department of Food and Nutritional Sciences at Brescia University. Katie completed a Masters of Applied Nutrition at the University of Guelph in 2013 and is now completing the Masters of Public Health program through the University of Waterloo. Katie is a member of the Ontario Society of Nutrition Professionals in Public Health - Healthy Eating in Recreation Settings Working Group (HERSWG) and she has enjoyed submerging herself in local recreation food environment initiatives and provincial advocacy efforts over the past 2.5 years.



### **Joe Jansen, Councillor Town of Gananoque**

Joe is a father of two children Rebecca, currently studying Kinesiology at Western University and Parker in Grade 7 at Gananoque Intermediate School. Joe has been on Town Council for 7 years being active in Recreation, Parks, Marina and Library Services. Joe is a Hockey Coach, Hockey Trainer and avid boater on the St. Lawrence River. Joe has been employed as a Federal Parole Officer with Corrections Canada since 1984 and enjoys mixing his occupation with his activities on Council. As a hockey trainer Joe enjoys teaching young players the benefits of proper nutrition, hydration and exercise. Joe is active in promoting active lifestyles in all age groups as a means to promote a healthy community.

### **Rebecca Wallace, Public Health Nurse**

Rebecca is a public health nurse working for the county of Oxford with expertise in Healthy Babies Healthy Children Home visiting and Health Promotion Programming. Rebecca graduated from with a Bachelor of Science in Nursing in 1998, she is currently working in the Population Health Promotion team focussing her efforts on recreation, social determinants of health, and mental health.