

Ministry of Health
Promotion

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HOLD THE DATE - INVITATION

Earlier this year, as Minister of Health Promotion, I launched Ontario's Action Plan for Healthy Eating and Active Living. This plan was a response to the Chief Medical Officer of Health's "Healthy Weights, Healthy Lives" Report, which sounded an alarm with findings that Ontarians are living and working in environments that actually promote or encourage obesity.

As part of our Healthy Eating and Active Living Strategy, the Ministry of Health Promotion will be hosting a major conference on healthy eating and active living in **Toronto on November 29 to 30, 2006**. The conference will bring together internationally and nationally respected experts to examine initiatives and best practices that integrate healthy eating and physical activity.

More information will follow in the weeks to come. In the meantime, please hold the dates for this exciting conference so that together we can take one more step towards creating a culture of health and well-being in Ontario.

Sincerely yours,

A handwritten signature in blue ink that reads "Jim Watson".

Jim Watson, MPP
Minister

