

**Sunday Parkways in Ferguson** is being organized as part of a community-wide healthy living initiative. It is a **free event** that promotes physical activity, health, and social unity in a relaxed atmosphere free of automobile traffic.

During the event streets adjacent to Lang Royce Park (between Highmont & Lang Ave off of W. Florissant) will be closed to traffic from 1 to 4pm and will be reserved for activities that promote fun and fitness: cycling, walking, jogging, dance, aerobics, hula hoops, etc.

The concept originated in Bogotá, Columbia 20 years ago. Now the streets are closed every Sunday from 9 am-3 pm. You can access their website at: (<http://www.streetfilms.org/archives/ciclovía>) Many cities around the world have adopted the same concept. In the US there are similar events in Portland, Chicago, NY, San Francisco, Paducah, etc. and now Ferguson is joining in the fun!

**The event is designed for everyone, especially families!**

#### **Sunday Parkways in Ferguson:**

- Promotes physical activity and fitness
- Encourages people to consider biking or walking as viable forms of transportation
- Creates social networks among neighbors who might not otherwise meet
- Builds a sense of community through shared activity in a no-pressure environment
- Returns a sense of ownership of the streets to the people
- Gives people an up close view of their town
- Builds support systems among neighbors

*Please plan to join in the fun at our first event on August 23, 2009 from 1 to 4pm! The 2<sup>nd</sup> and third Sunday Parkways will be held on 9/27/09 & 10/18/09.*

Visit our website for more information as the time draws closer (<http://www.livewellferguson.com>) or call 314-521-7721

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