



City to Celebrate WHO's World Health Day on April 7

Date: Tuesday, March 30, 2010

For Immediate Release

VICTORIA, BC — The City of Victoria will participate in the World Health Organization's *1000 Cities, 1000 Lives* campaign as part of World Health Day on Wednesday, April 7, 2010.

The global goals of the campaign are:

- 1000 Cities: to open up public spaces to health, whether it be activities in parks, town hall meetings, clean-up campaigns, or closing off portions of streets to motorized vehicles.
- 1000 Lives: to collect 1000 stories of urban health champions who have taken action and had a significant impact on health in their cities.

The City of Victoria will participate by offering a free lunchtime yoga class from noon to 1 p.m. on the stage in Spirit Square, as well as a free, open-air Tai Chi class led by Crystal Pool and Fitness Centre instructors.

A free organic apple will be handed to class participants and to all those who walk through Centennial Square next Wednesday between noon and 1 p.m.

So far, 97 Countries and over 490 cities are signed up for World Health Day. Greater Victoria is first on the map of Canadian communities participating in the campaign. Saanich is planning a cycling event on April 11.

The rapid increase of people living in cities will be among the most important global health issues of the 21st Century. Over half the world's population now live in cities. By 2030, six out of every 10 people will be urban dwellers, rising to seven out of every 10 people by 2050. In many cases, especially in the developing world, the speed of urbanization has outpaced the ability of governments to build essential infrastructure. Urbanization has consequences for the health security and safety of all citizens in cities.

For more information, visit: www.who.int

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For More Information:

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