



ALL IN! Event 2025 Schedule

Thursday – September 18, 2025

Time	Event
8:30am	Welcome and Update from ALLN Team
9:20am	<p>Session Title: From “Nice Idea” to Meaningful Impact: Emphasizing Inclusion in Program Planning</p> <p>Description: So... you’ve got amazing programs, unforgettable events, and fresh creative ideas — but have you ever stopped to think about just how accessible and inclusive they <i>really</i> are?</p> <p>From reducing physical barriers and considering sensory needs to rethinking new programming that may unintentionally exclude participation, creating inclusive, welcoming spaces is where the true fun and magic of activity occur, and it’s more important than ever.</p> <p>In this interactive session, we’ll take a closer look at how to view a variety of active living services through a more inclusive lens. We’ll explore practical strategies you can implement to reduce those ineffective reactive solutions to make room for more thoughtful, proactive planning — all through the lens of therapeutic recreation and best practices that actually work!</p> <p>Presenter: Aimee Coles, CTRS</p>
10:15am	<p>Session Title: City of St. John’s Healthy City Initiatives</p> <p>Description: Staff from the City of St. John’s Healthy City and Inclusion team will share information about and insights from initiatives related the City and NL Health Services’ Healthy City Strategy. This will include an overview of initiatives such as Trail Explorers, Neighbourhood Connect, and Community Gardening, which all aim to promote active living, community building, and health equity.</p> <p>Presenters: Jennifer McGrath – Healthy Neighbourhoods and Inclusion Fieldworker, City of St. John’s Mark Finch – Healthy City Development Coordinator. City of St. John’s</p>
11 – 12:30pm	Networking Lunch: Learn from organizations and make connections during an interactive networking lunch, complete with resource tables and demonstration.

12:30pm	<p>Session Title: Promoting Movement in Healthcare Settings</p> <p>Description: Join us to learn more about how NL Health Services promotes physical activity with clients and in the community. Hear about how NLHS and Seniors NL are working together to introduce social prescribing in Family Care Teams.</p> <p>Presenters: NL Health Services and Seniors NL</p>
1:30pm	<p>Roundtable Discussion Let's talk social and physical activity prescribing! This workshop session will explore what it looks like in the community and your involvement.</p> <p>Facilitated by: Recreation NL</p>
2:45pm	<p>Session Title: What's in your control? Focusing on brain health for stronger mental health.</p> <p>Description: So many aspects in life are out of our control. So why not refocus our energy to aspects in our control? For this session, George Mammen will highlight daily habits that influence mental health, resilience, and burnout. More specifically, George will touch on concepts in psychology including managing intrusive thoughts and difficult emotions, in addition to how key lifestyle factors – such as efficient breathing, hydration, sleep, excess phone/social media use, sedentary behaviour, physical activity, and alcohol – shape our cognitive reserve and ability to handle life stress. George's goal is to inform you on science-backed strategies to put yourself in the best possible situation to feel your best mentally.</p> <p>Presenter: George Mammen</p>
3:30 – 4:00pm	Closing

Friday – September 19, 2025

Time	Event	
8:30am	Meet and greet	
8:50am	Opening remarks	
9am – 11:45am	Workshop Title: Trail Design & Construction: A Big Picture Overview for Active Living	See descriptions below
	Workshop Title: Outdoor Programming	
11:45 – 12 noon	Closing	

Friday, September 19 - Workshop Sessions

Participants will select to attend one of the following 3-hour workshops

Both will take place 9am – 11:45am

Trail Design & Construction: A Big Picture Overview for Active Living

Presented by: Ian Colbourne, Executive Director, West Coast Cycling Association

This session will provide an overview of the principles of sustainable trail design and construction, focusing on how well-designed trails serve as foundational infrastructure for active living. While not a technical deep dive into construction methods, it will cover the considerations necessary for developing multi-use trails that are safe, enjoyable, and environmentally responsible.

Learning Outcomes:

- Appreciate the importance of sustainable trail design for long-term active living initiatives.
- Understand key considerations in trail planning, including user needs, environmental impact, and community integration.
- Identify different types of trails (e.g., shared-use paths, mountain bike trails, walking trails) and their suitability for various users.
- Learn about the phases of trail development from conceptualization to annual maintenance.

Key Topics:

- The vision for multi-use trails: connecting communities and promoting diverse activities.
- Site assessment and environmental considerations.
- User experience and safety in design.
- Basic principles of trail grade, width, and surface.
- Maintenance planning and volunteer involvement.
- Case studies of successful trail projects in Newfoundland and Labrador.

Outdoor Play

Presented by: Lori Dalton, Executive Director, Cloudberry Forest School

Outdoor Play enhances children's overall wellbeing and development. Research has shown that children exposed to outside play grow stronger and more resilient, and it increases their self-regulation in the world around them. Children need space and time to explore being outside.

- To provide quality Outdoor Learning Environments, we need skills and knowledge to be successful in our spaces.
- This workshop introduces the Importance of Outdoor Play and Land-Based Learning.
- We will explore how to complete Risk Assessments and Site Checks. How to dress for the weather and discuss tools & gear needed, and more.