



Promoting Physical Activity at the Community Level



Putting Evidence into Practice – The Step Into Cuba Project

Date: Tuesday, February 5th, 2013

Time: 12:00 noon to 1:00 pm

Place: Research Incubator Building (RIB) Commons
UNM Campus, 2703 Frontier NE, Albuquerque, NM 87131

Based in scenic Cuba, New Mexico, Step Into Cuba is an evidence-based program to promote physical activity through development of sidewalks, paths, trails, social support, and opportunities for lifestyle change. The UNM PRC, along with the New Mexico Department of Health and the UNM Communications and Marketing Department, recently produced a series of 6 short videos on the Step Into Cuba program, in an effort to help other New Mexico communities launch similar efforts. These videos will be shared and discussed during the lecture.

*For more information please contact Sarah Sanders at 505-272-4462
or by email at Sreinh@salud.unm.edu*