

Road to 2010 Dinner

Guest Speaker

SILKEN LAUMANN

Canadian legend and four-time Olympian Silken Laumann is Canada's most recognizable female athlete and has been credited with making the greatest comeback in sports history. Now a world-class inspirational speaker and the best-selling author of *Child's Play*, Silken has combined her passion for sport with her love of children and created Silken's ActiveKids Movement, a national charity dedicated to increasing physical activity in children through play.



Silken's keynote is designed to inspire people into action, to communicate the power of play, challenge our fear based, no-risk approach to parenting and locate the volunteers who will start Play in the Parks and commit to changing the activity levels of 30 kids in their immediate neighbourhood. Silken's key message will include:

- Play is a joyful and essential part of childhood.
- The need to normalize play and for activity to be fun and part of our daily lives.
- The power of play to build community and hope. From play comes joy, from joy comes hope and from hope anything is possible.
- We must act now or this generation's children will have a shorter lifespan than their parents and impair our health care system. But it is not only the quality of life, but the quantity of life as sadly, obese children are less optimistic about their lives than terminally ill children.

