

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: WEDNESDAY 5 AUGUST 2009

ATTENTION: Chiefs of Staff, News Directors



Community invited to get active through gardening

Active Launceston has developed an innovative new program to promote gardening as a beneficial form of physical activity.

In partnerships with the Northern Suburbs Community Centre and Conservation Volunteers, participants will be guided by an experienced Team Leader in Rocherlea's Peace Garden.

Active Launceston Manager, Lucy Marshall, said the program would provide opportunities for people of varying fitness levels to do appropriate and regular physical activity outdoors while contributing to the environment.

“Active Garden is a program of community-focused conservation activities, enabling and encouraging community members of all ages to get involved in regular physical activity,” she said.

The State Manager of Conservation Volunteers Paul Stevenson said he was excited about the partnership with Active Launceston.

“Active Launceston provides such a variety of activities for community members and we pleased that we can support them to make sure gardening is on the agenda,” he said.

Active Garden sessions will be held every Thursday morning between 10 am and 12 noon. Participants are not required to register, rather just turn up and participate and the program is FREE.

Northern Suburbs Community Centre Manager Denise Delphin said the Peace Garden had been developed to provide all community members with opportunities for social interaction, physical activity and a chance to contribute to the environment.

People wanting to be involved should contact the Active Garden Team Leader for more information on the Active Garden sessions, ph. 0409 188 435.

Active Launceston is a community driven project to improve the health and wellbeing of the Launceston community through increased participation in physical activity.

Information on other Active Launceston initiatives can be found on their website
www.activelaunceston.com.au

EVENT: Media are invited to attend the first Active Garden Session

WHO: Active Garden participants; Denise Delphin, Northern Suburbs Community Centre Manager (inc. Rocherlea's Peace Garden); Paul Stevenson, Conservation Volunteers State Manager; Merieke Mackinnon, Active Garden Team Leader and Lucy Marshall, Active Launceston Manager.

WHEN: 10.30am Thursday 6th August 2009

WHERE: Rocherlea's Peace Garden, 1 Archer Street Rocherlea.

*For more information contact Lucy Marshall,
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