

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: MONDAY 1ST JUNE 2009

ATTENTION: Chiefs of Staff, News Directors



Beat the winter blues – join Active Walk Run

Active Walk Run is a new initiative from *Active Launceston* aiming to improve the health and wellbeing of Launceston people through more physical activity.

Active Launceston Manager, Lucy Marshall said most people find it more difficult to stay motivated to exercise in the cold Tassie winter months.

“This program will provide community members with a fun and motivational group and a safe environment to keep active.”

“It is also a great way to train for our local fun runs,” she said.

Active Walk Run will cater for all ages and abilities, no commitment is required and participation in the program is free.

Active Walk Run

5.45pm – 6.45pm Wednesdays 3rd June – 19th August 2009

Meet our leaders at Royal Park, Park Street, Launceston

For more information please call 63 24 4047 or www.activelaunceston.com.au

PHOTO and INTERVIEW OPPORTUNITY

WHAT: Media are invited to attend the Launch of Active Walk Run to see the program in action!

WHO: Active Walk Run participants and Megan Richardson Active Walk Run Consultant.

WHEN: Tuesday 2 June, 11am.

WHERE: Royal Park, Park Street

*For more information contact Lucy Marshall, Active Launceston Project Manager
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