

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: THURSDAY 4 OCTOBER 2012

ATTENTION: Chiefs of Staff, News Directors



“Groove On” Zumbathon® for a good cause

The Unigym is inviting staff, students and the community to come and “Groove On” for a good cause.

Over the next two weeks Zumbathon® fundraising events will be held at the Hobart and Launceston UTAS campus Unigyms to raise funds and awareness for Mental Health Week 2012.

All proceeds from the events will be donated to local mental health organisation, Aspire.

Aspire is a Community Sector Organisation that provides outreach recovery and rehabilitation services for people living with a diagnosed mental illness based on the principals of recovery and empowerment.

"We assist people to identify and learn new skills, develop personal resources and confidence which enables them to achieve their goals" said Rhonda Gee-Mackrill, Aspire's Northern Area Manager.

Unigym is hosting the events to help support and raise awareness of mental health in our local communities.

"Unigym is dedicated to offering sport and fitness opportunities for everybody and recognises the important role that exercise can play in mental and physical health," said Sarah Campbell of Unigym.

"We are really excited about this event and hope that the local communities come along to support Aspire and have some fun."

There will be a lucky door prize and Linda Carpenter, Area Manager for Aspire in Southern Tasmania and Rhonda Gee-Mackrill, will be in attendance to speak about the charity and formally accept the funds raised from the event.

The evenings will take place to a soundtrack of vibrant Salsa, Reggaeton, Merengue and Electro House music.

Event details:

Hobart

Date: Friday 5 October 2012

Where: Unigym Hobart (Aerobics Room), UTAS Sandy Bay campus

Time: 6.30pm - 8pm (5.45pm ZUMBA® class in Hobart to be cancelled)
Duration: 1.5hours
Colour theme: Blue
Cost: \$10 – free for UTAS students
Register: Contact Summer Byrne at Summer.Byrne@utas.edu.au to register

Launceston (next week):

Date: Friday 12 October 2012
Where: Unigym Launceston (Sports Hall), UTAS Newnham campus
Time: 6.30pm - 8pm
Duration: 1.5hours
Colour theme: Blue
Cost: \$10 – free for UTAS students
Register: Contact Andrew McCarthy at Andrew.McCarthy@utas.edu.au to register

For more information: please contact Sarah Campbell, Unigym Team Leader: (03) 6324 3692.

Information Released by:

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