

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: WEDNESDAY 10TH MARCH 2010

ATTENTION: Chiefs of Staff, News Directors



Get your daily 30 minutes of Exercise in the garden!

The Active Garden program is designed to promote gardening as a legitimate and very beneficial form of physical activity.

Participants will be guided by an experienced Gardener in Rocherlea's Peace Garden.

Active Launceston Manager, Lucy Marshall, said the annual program provides 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.

“Active Launceston provides such a variety of activities for community members and we pleased that we can make sure one of Australia's most popular and enjoyable past times, gardening, is on our agenda,” she said.

Active Garden sessions will be held every Thursday morning between 10 am and 12 noon 11th March – 13th May at the Rocherlea Peace Garden, 1 Archer Street Rocherlea. Participants are not required to register, rather just turn up and participate and the program is FREE.

Northern Suburbs Community Centre and Peace Garden 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”

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 or by phoning 63244027

PHOTO and INTERVIEW OPPORTUNITY

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); Merieke Mackinnon, Active Garden Team Leader and Lucy Marshall, Active Launceston Manager.

WHEN: 10.30am Thursday 11th March 2010

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

*For more information contact Lucy Marshall,
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