



MEDIA RELEASE

Free Community Walking Event At Kings Billabong

15 April, 2015

Members of the local community are invited to join a morning of fun and physical activity on Sunday 26 April 2015 by participating in the Heart Foundation's Park Walk at Kings Billabong on the Bird Hide Loop Walk. The walk is organised in partnership with Healthy Together Mildura and will be led by a Parks Victoria Ranger.

"The open spaces, picturesque views and tranquil settings found in parks are the perfect antidote to the stress of everyday life," Mrs Louise Tarrant, Healthy Together Mildura's Active Communities Officer said.

"Walking in a park with a group allows you to be social and active at the same time," Mrs Tarrant added.

The first locally run Park Walks, held in October 2014, attracted over forty people and Mrs Tarrant hopes to see even more this year.

"The walk was very popular last year. A large number of participants had never been to Kings Billabong before and really enjoyed it. Having a Park Ranger on the walk is also a fantastic opportunity to learn more about our local flora and fauna. It really is quite fascinating."

Heart Foundation Park Walks aim to encourage people to enjoy themselves in their local natural environments including conservation parks, recreation parks and botanic gardens. The program invites community members of all ages and levels of fitness to participate in the FREE local events.

Walk details:

What: Community members are invited to attend the next Heart Foundation Walking Park Walk

When: Sunday 26 April 2015

Time: 8.45 am registrations walk 9.00 am

Where: Kings Billabong Nature Walk Car Park

RSVP: Register by 22 April 2015. Visit www.healthytogethertmildura.com.au/walking or call 1300 36 27 87



Heart Foundation Walking – Park Walks builds upon the Heart Foundation Walking program, which is funded nationally by the Medibank Community Fund and the ACT Government through ACT Health.

Healthy Together Mildura, funded by the Victorian Government, is a partnership between Mildura Rural City Council and Sunraysia Community Health Services.

END

Media enquiries to:

Mrs Louise Tarrant
Active Communities Officer - Healthy Together Mildura
5025 9627

Photo Opportunity: A Photo At Kings Billabong With A Parks Victoria Ranger Can Be Arranged Upon Request