



MEDIA RELEASE

Free Community Walking Event At Kings Billabong

19 October 2015

Members of the local community are invited to join in a morning of fun and physical activity on Sunday 25 October by participating in the Heart Foundation's Park Walk at Kings Billabong, on the Bird Hide Loop Walk. Led by a Parks Victoria Ranger, the walk is organised in partnership with Healthy Together Mildura.

"The open spaces, picturesque views and tranquil settings found in parks give you the perfect opportunity to escape the stress of everyday life" Jane McCracken, Acting Team Leader Healthy Together Mildura said. "Walking in a park with a group allows you to be social and active at the same time."

The first locally run Park Walk, held in October last year, attracted over forty people and Jane McCracken 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 the history, flora and fauna of the area. It really is quite fascinating."

Heart Foundation Walking Park Walks aim to encourage people to enjoy themselves in their local natural environments including conservation parks, recreation parks, beaches and botanic gardens.

The program invites community members of all ages to participate in FREE walks led by Heart Foundation Walking volunteer Walk Organisers and Rangers.

Heart Foundation Walking is Australia's largest free walking network. Further, it has the added bonus of helping you stay motivated by providing you with certificates and other incentives when you reach walking milestones such as 25, 50 and 100 walks. Heart Foundation Walking is coordinated in partnership with councils, health and community centres and workplaces.

Walk details

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

When: Sunday 25 October 2015

Time: 8.45 am registrations walk 9.00 am

Where: Kings Billabong Nature Walk Car Park

RSVP: Register by Wednesday 21 October. Visit www.heartfoundation.org.au/walking or call 1300 36 27 87



For the full list of the Heart Foundation Walking Park Walks in 2015 please visit www.heartfoundation.org.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.

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Media enquiries to:

Jane Mccracken
Acting Team Leader Healthy Together Mildura
50225444