



## **MEDIA RELEASE**

### **Western Health and the Bay St. George Community Advisory Committee Announce Healthy Living Initiative for the Bay St. George Area**

For Immediate Release

**(Stephenville, NL: September 7, 2011)** Western Health and the Bay St. George Community Advisory Committee are pleased to announce a new healthy living initiative, "Go Healthy," to promote health and wellness in the area. Beginning this September, the Community Advisory Committee in cooperation with community partners will be organizing and co-hosting a number of public events to support and promote healthy living.

The general public is invited to the first event which will be a guided walk along the community trail in the Town of St. George's scheduled for Sunday, September 11<sup>th</sup>. Anyone interested in participating in the walk is invited to meet at 2 p.m. in the parking lot of the Adventure X Building, Station Road. People in the Stephenville area who need transportation to attend this event or who are interested in car-pooling are asked to meet in the Stephenville Dome parking lot at 1:15 p.m. This relatively easy, approximately one and a half hour walk will end with a visit to the Railway Museum.

The second event will be a "Fall into Wellness" Day for residents of the Bay St. George area. This free event will include a series of presentations on topics such as healthy eating, Community Gardens, Heart and Stroke, Stress Management and an interactive session titled "How to Get Our Communities Healthy" facilitated by local presenter Susan Fowlow. There will be physical activity and nutrition breaks and booths with health and wellness information. There will also be prize draws for participants. The event will take place on Saturday, September 17<sup>th</sup> at the Royal Canadian Legion, Stephenville with registration starting at 9:30 a.m. and the day will end at 3 p.m.

To pre-register and for further information please contact:

Denise Jesso

[denisejesso@westernhealth.nl.ca](mailto:denisejesso@westernhealth.nl.ca)

646-3633 or 642-5463

-30-

Media Contact:

Heidi Staeben-Simmons

Director of Communications, Western Health

637-5252

[heidistaebensimmons@westernhealth.nl.ca](mailto:heidistaebensimmons@westernhealth.nl.ca)