

13 January 2010

Kick your habit and get into action

Shoalhaven City Council is supporting a Community Fun Day at Bomaderry on Friday 15 January 2010.

The community fun day is aimed at encouraging citizens to kick their less healthy habits, and adopt new ones! Activities planned throughout the day provide people the opportunity to foster community interaction and promote healthy life style choices.

Community members are welcome to try fun physical activities on the day, such as non-competitive Barefoot Rugby, a water slide, bungee basketball, and water skirmish. Or you can participate in more relaxing activities to improve mental health including painting, watching Indigenous dancers, or listening to a range of youth Bands or a Digeridoo player.

There truly is something for everyone- all ages and cultural backgrounds.

This event provides opportunity for people to meet and interact with the local services meet the services providers. This will increase your knowledge about what services exist, and how they can be accessed.

Services will provide information throughout the day on physical activity, sexual health, nutrition, drug and alcohol, and mental health. Specific services, such youth services and indigenous services will also be at the oval.

This event has been kindly supported by NSW Health, South Eastern Southern Illawarra Area Health Service and Shoalhaven City Council.

Where: Arty Smith Oval, Bomaderry

When: Friday 15 January 2010

Time: 10am to 2pm

For further information you can contact Council's Community Development on (02) 4429 3446. Or Sally-Anne Old on (02) 4441 0261.

CONTACT: Manager Community Services Alan Blackshaw (02) 4429 3446