

MEDIA RELEASE
Friday, November 27, 2020

New program to help communities to breathe, eat, move and relax

Waratah-Wynyard Council and Circular Head Council officially launched the ***Breathe. Eat. Move. Relax.*** Program on Friday, November 27.

The councils' shared project was funded by a Healthy Tasmania Fund Grant through the Tasmanian Government and collaboration with local community groups and businesses will be key to delivering programs over both communities.

"This program will increase the health and wellbeing of our communities from this funding," Waratah-Wynyard Mayor Robby Walsh said.

"The program aims to decrease the number of smokers in Circular Head, encourage people to eat healthier, relax more, become more active and participate in on our many funded events."

Smoking cessation program Breath Well, Live Better will be a key project, long with opportunities to increase fitness through cycling, kayaking, and relaxation via yoga, tai chi and qigong.

Participants also have the chance to increase their knowledge of growing their own food through the Smithton Community Garden.

"Enhancing the health and wellbeing of our communities is what led to the development of the Healthy Tasmania Fund Grant program," said Tracey Bradley, Waratah-Wynyard Council's Director, Community & Engagement.

"It is people that create communities and we want to give ours every opportunity to be healthy and happy."

Authorised for general media distribution by Shane Crawford, General Manager, Waratah-Wynyard Council on Friday, November 27, 2020.

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