



## **Public Invited to Oliver Woods Wellness Park Opening**

For Immediate Release

*June 17, 2009-* Residents of Nanaimo are invited to celebrate the opening of the new wellness park at Oliver Woods Community Centre on Wednesday, June 24<sup>th</sup> at 11:00am. Oliver Woods is located at 6000 Oliver Road. The event will include speeches, ribbon cutting and a demonstration of the equipment. The park's stationary equipment and layout is designed to improve mobility, strength, flexibility, and cardiovascular health.

A significant portion of the funding for the park was an 'Act Now BC' grant announced in the spring of 2008. While the grant is primarily in support of creating recreational opportunities for seniors, it is hoped that the park will be used by people of all ages. Additional funding and operational support has been donated by the Nanaimo Harbour City Seniors who contributed \$18,000.00 towards the project.

For more information about the wellness park please contact 250 756 5200.

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### **Media Contact**

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