

NEWS RELEASE

Distributed May 6, 2026

Healthamongus event to welcome thousands of students to Harewood Centennial Park

Taking place May 11 to 15

Summary

The annual Healthamongus event returns on Monday, May 11 at the Harewood Centennial Park artificial turf fields. A collaborative initiative between the City of Nanaimo and Nanaimo Ladysmith Public Schools, the event features eight activity stations designed to build fundamental movement skills through active, playful participation.

Healthamongus is committed to offering a low-cost and inclusive program that removes barriers to ensure all students—regardless of ability or experience—can participate in a supportive environment. To fuel the fun, participants will enjoy a healthy snack provided through the generous sponsorship of Country Grocer.

2026 marks the 19th year of Healthamongus, and it will engage 3,600 children between Kindergarten and Grade 5 over the course of the week. The event runs from 9:45 a.m. until 12 p.m. daily between Monday, May 11 and Friday, May 15.

Strategic Link: Healthamongus supports the livability pillar by providing a low-cost recreation opportunity for students in Nanaimo.

Key Points

- The 19th annual Healthamongus event will engage 3,600 kids in fun, non-competitive physical activities while introducing fundamental movement skills (important to physical literacy).
- The event is a partnership between the City of Nanaimo and Nanaimo Ladysmith Public Schools.
- The event organizers would like to thank Country Grocer for providing a healthy snack for the participants.

Quotes

"The City of Nanaimo is thrilled to team up with Nanaimo Ladysmith Public Schools once again for Healthamongus. This event, held at Harewood Centennial Park, will see our largest participation yet for Healthamongus. The goal is to show kids that staying active isn't just a routine—it's an adventure that can be spontaneous, joyful, and, most importantly, a lot of fun!"

Darcie Osborne
Director - Parks, Recreation and Culture
City of Nanaimo

Quick Facts

- Activities have been designed to introduce fundamental movement skills, which are key to physical literacy. These skills include running, jumping, balance, agility, kicking, throwing and dribbling.

Continued... Healthamongus event to welcome thousands of students to Harewood Centennial Park

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<https://www.nanaimo.ca/NewsReleases/NR260506HealthamongusEventToWelcomeThousandsOfStudentsToHarewoodCentennialPark>