



# TOWN OF SIDNEY

## PRESS RELEASE

### FOR IMMEDIATE RELEASE

**DATE: Wednesday April 29, 2009**

#### **New Community Wellness Park for Sidney**

For some time, the Town of Sidney has been working toward the goal of creating a community park that would promote safe and healthy outdoor exercise for seniors, persons with disabilities and the community as a whole. This ambition has now become a reality as Sidney is set to open its first ever Community Wellness Park adjacent to the Sidney Public Library. With partnership funding from the ActNow BC Senior's Community Park program and a contribution from the Peninsula Co-op, the Town of Sidney and its residents will benefit from the establishment of a unique community greenspace that contains specially designed exercise equipment tailor made for the outdoor environment.

The idea for a wellness park was first initiated by the Town's Advisory Committee for Persons with Disabilities back in October 2007 when they requested that Sidney Council consider accommodating this type of park in the Town's 20 Year Parks Plan. In September 2008, the Town received grant funding from the Province along with a generous contribution from the Peninsula Co-op. Construction of the park commenced in March 2009 and is now complete and ready for use by the community. Mayor Larry Cross stated that...*the benefits of exercise are endless. Sidney strives to be a balanced healthy community, where its citizens have an opportunity to enjoy an incredible natural setting while at the same time moving toward better fitness and well-being.*

To celebrate the opening of the park, an official ribbon cutting will take place on May 1<sup>st</sup>, 2009 at 10:30 am. The public are invited to attend this event which will occur on the south side of the Sidney Public Library (10091 Resthaven Drive).

**For further information contact:**

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