

NEWS RELEASE

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Donate Food Items for Fitness

This holiday season, City of Nanaimo Parks and Recreation has arranged a Christmas donation fitness schedule, open to all Nanaimo residents. Give a gift of food while giving yourself the gift of health. All next week at Oliver Woods Community Centre, those interested in attending a fitness class are asked to bring a food item in exchange for drop in fees.

Kathy Gonzales, Recreation Coordinator, has arranged this food for fitness program with all donations going to the food bank. "We thought this would be a fantastic opportunity to give back to the community but also to encourage attendance at fitness classes during a normally hectic time, when sometimes exercise gets put aside," said Kathy, "It's also a great way to come and try a class to see if it might be something you'd like to sign up for in the New Year."

There are eight fitness classes being offered, including yoga, boxercise, zumba and more with all instructors generously donating their time to lead these sessions. Classes run December 18 - 22 at Oliver Woods. There is a size limit to the classes, and it is on a first come first serve basis. A link to the schedule is available in the online version of this news release.

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