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MEDIA RELEASE

This Girl Can Victoria funding approved for Hindmarsh



Hindmarsh Shire Council is excited to support initiatives throughout the shire under the *This Girl Can Banner* after receiving funding to promote local service providers and recreational opportunities for women.

A VicHealth funded program, *This Girl Can* encourages women of all ages to embrace physical activity in a way that suits them. The aim is to get participants engaged in some form of active movement each day, breaking through barriers that may be stopping them getting active.

Hindmarsh Shire Council Mayor, Cr Ron Ismay said “We are excited to be able to promote this fantastic initiative for all women within our shire. In addition to promoting the opportunities for activity that are already out there, there will also be several ‘come and try’ events happening throughout the shire over the next few months giving women the chance to try new activities they might not have considered before”.

This Girl Can believes that an important part of the campaign is the “incredible community of women who are inspiring, motivating and supporting each other to become more active.”

“Support is available through online communities including Facebook and Instagram allowing women to ask questions, get encouragement, post sweaty selfies, and share their stories getting active – whether as a beginner, returning after a break, or continuing to be active through a safe forum”.

“Information regarding services and opportunities that are available in your town can be found by visiting the Hindmarsh Shire Council website or Facebook page.”

“Why not pull together some of your friends and join in” concluded Cr Ismay.

For more information please contact Michelle Farinha, Community Development Officer, via community@hindmarsh.vic.gov.au or call 5391 4444.

Greg Wood
Chief Executive Officer