



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
SPORT, ARTS & CULTURE



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Monday, 09 March 2015

For attention Editors and Journalists

DSAC HOSTS HEALTH WALK IN CELEBRATING WOMEN'S MONTH

The Department of Sport, Arts and Culture, in collaboration with Waterberg District and Lephalale municipality will join the rest of the country in commemorating and celebrating Women's month through Women Health Walk (MEC Outreach Programme) in Lephalale. This year's Women's Month is celebrated under the theme: "Women united in moving South Africa forward". Women's Month is taking place against the backdrop of the 60th anniversary of the Freedom Charter.

The Department together with its stakeholders continues with its vision of encouraging an active and winning nation by promoting of healthy life style through sport and recreation activities especially through regular WALKS. The Women Health is a family day which will encourage sport and recreation participation amongst communities.

The Women Health Walk (MEC Outreach Programme) will be staged as follows:

Date : 25 August 2015
**Venue : Thabo Mbeki village, Thabo Mbeki stadium,
Lephalale Municipality, Waterberg District**
Time : 07:00 (AM)

The main aim of the programme is to encourage people to take up the habit of walking, and to begin to engage in walking as a conscious choice in leisure-time activities. The programme is prompted by the ever increasing number of obesity and high incidence of heart attack amongst the communities. Walking is an effective form of physical activity for improving the cardio-vascular system that is the heart, blood vessels and lungs.

For more information and interviews arrangements, please contact the Acting Media Liaison Officer (MLO) Malesela Ramaoka on 076 589 5203/(015) 284- 4005 ramaokam@sac.limpopo.gov.za or Jermina Kaka – 082 560 7197/ (015) 284-4321, kakaj@sac.limpopo.gov.za

End/