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PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
SPORT, ARTS & CULTURE

Media Release
[For immediate release]

For attention Editors, Journalists

Date: 05 August 2013

DSAC hosts 'BIG WALK' to mark Women's month celebrations

The Department of Sport, Arts and Culture, as the custodian of sport and recreation will host Women's Health Walk-'BIG WALK', as one of its mandate to promote healthy and active lifestyles in the province. The 'BIG WALK' is part of Women's Month commemorations and activities. The project is prompted by the increase in obesity and high incidence of heart attacks amongst communities in the country.

The objectives of the walk include; provide opportunities for individual development through walking activities; social cohesion, to provide opportunities which develop a positive attitude towards lifetime recreation.

The 'BIG WALK' takes place as follows:

Venue : SABC Park, Landros Mare' Street - Olympic Towers, 21 Biccard Street

Date : 16 August 2013

Time : 08:00 from SABC Park

The health walk with the theme '**Wear your funny/creative/original hat to make a statement!**' is aimed at encouraging active, healthy lifestyles among female public servants, private business and political sectors.

The formal programme will take place at 11:00 at Olympic Towers where MEC Merriam Ramadwa will give address.

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End.

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