

MEDIA RELEASE

April 21, 2009

FOR IMMEDIATE RELEASE

Promoting healthy living in rural Manitoba has led to some big recognition for a group representing four communities in Westman.

“The Daily Health Awareness Team (DHAT) that represents the communities of Hamiota, Kenton, Oak River and Miniota were recipients of the Healthy Living Award in the group category at the 11th Annual Healthy Living Awards held in Winnipeg on April 16,” said Sherill-Lee Hyra, Health Promotion Coordinator for the Assiniboine Regional Health Authority.

The Reh Fit Foundation in partnership with the Province of Manitoba hosted the awards. The event is designed to be a celebration of the people in communities who promote and encourage healthy and active living.

The DHAT Team has been together for five years now and has been working hard at creating opportunities that promote healthy living in the four communities they represent.

“They have done projects like the Fit Family Fun Challenge, cooking classes, grocery store tours, wellness screening, Fun and Active with GPS, and smoking prevention in schools,” said Hyra.

The DHAT Committee is supported by many community members that have a vision for a healthy community. The project receives financial support from the Midwest Recreation District and the Province of Manitoba’s Chronic Disease Prevention Initiative funded through the Assiniboine Regional Health Authority.

“This is an evening to remember,” said Kerri Wilson, DHAT Facilitator who was on hand to accept the award on behalf of the committee and who attended the event with Bonnie Michaudville, Committee member and Recreation Director for the Midwest Recreation District. “It is wonderful to see so many people come together to celebrate the success that can be achieved in promoting health and well-being in our communities when we work together.”

-30-

For more information and for photos* of the event:

Kerri Wilson, DHAT Project Facilitator (204)838-2410

Bonnie Michaudville, Midwest Recreation District (204)764-3050 ext 106

*Sherrill-Lee Hyra, Health Promotion Assiniboine RHA (204)328-7541