

June 15, 2017

Come and Play in the Streets!

Halton Hills, ON – The Town of Halton Hills will launch the **Active Easy** initiative with an Open Streets community event on Saturday, June 17. The initiative is offered in partnership with the Downtown Georgetown Farmers Market and the annual ‘Bike it to the Market’ event.

Open Streets are community-based programs that temporarily open selected streets to pedestrians only. By doing so, the streets become a place for people of all ages, abilities and backgrounds to come out, be active and improve their health. “Open Streets are considered the ‘Healthiest Practice’ because it is a tried and tested model developed by experts and based on results,” said Margaret Taylor, Community Development Supervisor. “By participating in Open Streets, people can begin to change their habits and a city can change its culture of health.”

Join us on Main Street, Georgetown, between Maple Avenue and Church Street for a morning of family-centred fun and free activity on Saturday, June 17 from 8 a.m. to 12 noon. Events will include:

| Time | Activity | Time | Activity |
|-----------------|-------------------------|------------------|-------------------------|
| 8 a.m.-12 noon | Children's Bike Rodeo | 9-9:30 a.m. | Yoga with Studio 2 Yoga |
| 10 a.m.-12:00pm | Road Hockey | 9:30-10 a.m. | Pound fitness class |
| 8 a.m.-12:00pm | Hula Hooping & Skipping | 10-10:30 a.m. | Zumba fitness class |
| 8:30-9 a.m. | Yoga with Studio 2 Yoga | 10:45-11:15 a.m. | Strong fitness class |

Take your yoga mat, ride your bike, bring your skateboard, or come on foot. An active lifestyle has many benefits and our goal is to make active choices easy for individuals and families in our community.

For more information call Margaret Taylor, Community Development Supervisor, the Town of Halton Hills 905-873-2601 ext. 2262 or email MargaretT@haltonhills.ca

Active Easy is the name of a community-wide initiative with a goal of making Halton Hills a place where it is EASY to be ACTIVE. The Alliance is comprised of organizations and individuals who are committed to working together to help make the *Active Choices the Easy Choices* across the community of Halton Hills.

About the Town of Halton Hills

The Town of Halton Hills, with a population of approximately 60,000, consists of two urban centres, Georgetown and Acton, the Halton Hills Premier Gateway employment area, three hamlets – Glen Williams, Stewarttown and Norval – and several smaller settlements. Halton Hills has long been recognized for its natural beauty, active agricultural community, high quality of life and proximity to major centres, including Brampton, Mississauga and Toronto. The Town is the 2013 recipient of the National Municipal Environmental Award from the Canadian Association of Municipal Administrators and is ranked as one of the top small communities in Canada by a national magazine.

Communications Contact:

Alex Fuller,
Manager of Corporate Communications
905-873-2601 ext. 2412
afuller@haltonhills.ca

Media Contact:

Margaret Taylor
Recreation Supervisor – Community Development
Recreation & Parks
905.873.2601 ext. 2262
Email: MargaretT@haltonhills.ca