



News Release

For Immediate Release

“Recognition for a Healthier Community”

Morinville receives two Community Choosewell Awards

November 21st (Morinville, Alberta) - Thursday night at the Community Cultural Centre the Town of Morinville was recognized for fostering healthier lifestyles for their residents at the Communities' Choosewell Awards Ceremonies North. Morinville received the award for “Building Community Resources through Partnerships” as well as an “Overall High Achievers” award. A total of 34 communities in Northern and Southern Alberta have been recognized out of the 146 participating communities in this program.

“Overall High Achievers” award winners will receive \$2,000 to support future healthy living initiatives in their communities. This comes shortly after receiving \$2,500 from Communities ChooseWell “Iron Chef Competition” that Morinville’s 13 year old Cole Dribnenky won in Edmonton on Oct. 15th, 2011. “As a community we really made the effort to offer a wide range of programs and activities for both adult and youth. I believe our success and increase in the number of participants is due to the community’s commitment to a healthier lifestyle. It truly is wonderful to receive these awards, we are so thankful to the businesses and the community for supporting and living this healthy initiative” says Melonie Dziwenka Culture and Recreation Coordinator.

Communities ChooseWell is an energizing healthy eating and active living initiative supported by Alberta Health and Wellness and managed by the Alberta Recreation and Parks Association.

Some of the active programs that the Town of Morinville offers includes:

- Outdoor Equipment on the Trail system.
- Nordic Walking, Bender Balls, Power Hour, Kickboxing, Strollercise for adults.
- Active Living Fair

Some of the Youth programs that the Town of Morinville offers includes:

- Kid Fit and Play in the Park for preschoolers.
- Kids on the Ball,
- Mixed Martial Arts Youth Camp,
- Girls Get Going
- Floor hockey & Dodge Ball

Other programs involving nutrition for youth and adults that the Town of Morinville offers includes:

- Youth Iron Chef
- Kids in the Kitchen
- Preschool Pantry,
- Perogy Making
- Trail Bar set up on our walking trail for adults

Town of Morinville also offers a sports equipment lending library where residents can borrow bender balls, yoga mats, nordic walking poles and floor hockey sticks.

Contacts:

Debbie Oyarzun
Interim Chief Administrative Officer
Town of Morinville
Phone: 780.939.7878
doyarzun@morinville.ca

Melonie Dziwenka
Culture and Recreation Coordinator
Community Services
Phone: 780.939.7833
mdziwenka@morinville.ca