News Release

penticton.ca

Recreation Penticton and ParticipACTION invite residents to join in the Community Better Challenge

(Penticton, BC – May 28, 2021) – During the month of June, the City of Penticton's Recreation department invites the community to join ParticipACTION's Community Better Challenge, an annual initiative that encourages Canadians across the country to get active, together.

"We are very excited to have the opportunity to bring the community together, safely, while providing a variety of options to get active," said Recreation Coordinator of Events, Lisa O'Daly. "There's no question that this year has presented challenges when it comes to health and wellness, but we are thrilled to have the opportunity to celebrate with each other and enjoy safe, social fun while participating in healthy activities."

Collaborating with community partners, Recreation Penticton will be offering FREE outdoor fitness classes and courses all month-long beginning June 1, 2021. A fully populated activity calendar with recreation options for all ages and abilities will be available to view online and on the Recreation Penticton social media channels. In-person classes will require registration and are subject to provincial health orders. If restrictions do not permit in-person sessions, virtual classes will be available.

Not only is the Community Better Challenge a great opportunity to have fun and get active, the City of Penticton also has the chance to be awarded the title of Canada's Most Active Community with potential to receive the top prize of $100,000.

"There's no denying that Penticton is an active community with plenty of amenities and green spaces, I look forward to seeing residents enjoying our city and participating in these great fitness options. Let's go for the top prize, Penticton!" stated Mayor John Vassilaki.

Full details on the Community Better Challenge including how track your physical activity, book your time slot and access the activity calendar are available on www.penticton.ca/communitybetterchallenge.

-30-

Contacts:

Lisa O'Daly
Recreation Coordinator – Events
City of Penticton
250-490-2437

Milena Marshall
Marketing & Communication Specialist
City of Penticton
250-490-2445