



## News Release

April 9, 2014

---

### **Speak up and get what you need through the recreation survey**

There's much more to recreation than fun, socialization and fitness – and for at least one person in Campbell River, recreation is a vital link to get back on a path to wellness.

*“After having multi-surgeries as a result of two separate car accidents, I was stuck in limbo,” says Joy Nash, who has been attending Fit for Health. “Fitness supervisor Mary Fast’s classes have made me feel alive and full of hope of having a worthwhile pain-free life again!”*

*“The City of Campbell River Recreation & Culture Department offers many things to many different people, and the survey we’re conducting aims to make sure that, as much as possible, we’re providing the important community services people in Campbell River want most,” says Lynn Wark, the City’s recreation & culture manager. “There is a very real possibility that the recreation department can provide you with exactly what you need to live a healthy life, and completing the survey is your chance to tell us what you need and want, and how we can best deliver that service to you.”*

The City of Campbell River Recreation Department survey is available online under “What’s New” at [www.campbellriver.ca](http://www.campbellriver.ca) until April 19. All participants will be given the option to enter to win a one-year fitness pass, a GoPro camera or other locally sponsored gifts/certificates.

For more information call the Recreation and Culture Department at 250-286-1161 or 250-923-7911.

###

Contact: Lynn Wark, Recreation Manager

250-923-7911