



# **MEDIA RELEASE**

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**1 September 2022**

## **Who can? She can!**

Women and girls who want to get active are encouraged to take part in a free week of activities hosted by Melton City Council.

As part of VicHealth's This Girl Can Week, Council is hosting a week-long program of free, fun and inclusive sport and fitness activities for women and girls returning to exercise or wanting to try something new.

The activities will include cricket, Girls Can Tackle rugby union, Little Nix soccer sessions, park running, bowls, mums and bubs fitness, football, netball, baseball, outdoor adventuring and a fun dance workshop launch event on 13 September.

In 2021 more than 340,000 women aged 18 – 65 were inspired to get active as a result of the This Girl Can – Victoria campaign. Four months after it ended, 81 per cent of women who did something active had kept it up.

City of Melton Mayor Cr Goran Kesic said the program was designed with something for all ages, abilities and interests.

“You don't need to be a star player or a fitness expert. We're creating safe spaces to have fun getting active, try something new, and maybe even discover a new passion,” Cr Kesic said.

“This Girl Can complements our Council's objective to provide safe, gender equitable spaces and facilities to support a range of recreational and social opportunities for women and girls.

“Over the years, This Girl Can has helped many local women and girls make some really positive changes for better health by becoming more active and staying active.”

The FREE program of This Girl Can activities will be held across the City of Melton from 10 September to 18 September. As part of the launch event for This Girl Can, a dance workshop will take place at Kurunjang Community Hub, 33 Mowbray Crescent, Kurunjang on Tuesday 13 September at 4pm.

**A Thriving Community Where Everyone Belongs**



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To find a session near you and get involved, visit [melton.vic.gov.au/thisgirlcan](https://melton.vic.gov.au/thisgirlcan)

ENDS

Melton City Council media enquiries (not for publication): Kylie Kitchen, A/Communications Coordinator on 0427 595 552.