

MEDIA RELEASE

For Immediate Release

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“Energize” Take the Lead! Youth Conference

The Regina Qu’Appelle Health Region (RQHR) along with partners Saskatchewan Parks and Recreation Association (SPRA), City of Regina – Youth Advisory Committee, and Saskatchewan *in motion* are excited to host “Energize” the first ever Take the Lead! Youth Leader Conference on Wednesday, March 26, 2014 at Dallas Valley Ranch Camp.

Over 200 youth from 7 different schools across the Health Region will participate in activities that will engage them in becoming positive role models for their peers.

SPRA’s Take the Lead! program is a “made in Saskatchewan” initiative that focuses on leadership skill development and increasing active play opportunities for youth. It provides youth an opportunity to take responsibility for making positive contributions in their schools and community, allowing them to make positive personal choices to pursue active lifestyles.

Peggy Chorney of the RQHR Health Promotion says “The Regina Qu’Appelle Health Region’s Health Promotion team is a champion of this initiative because its foundation is built upon health promotion strategies including: creating supportive environments, strengthening community actions and developing personal skills to increase control over and improve one’s health.”

Saskatchewan *in motion* is a province-wide movement aimed at getting more kids, more active, more often. Saskatchewan *in motion* is excited to be a part of the “Energize” Take the Lead! Youth Leader Conference and will be working with participants to engage youth leaders to act out, speak out and get out for physical activity opportunities in their community and province.

Conrad Hewitt, Chairperson of the Youth Advisory Committee says, “The City of Regina’s Youth Advisory Committee (YAC) is excited to be involved in this year’s Take the Lead! Energize event. We look forward to helping promote healthy, active lifestyles for Saskatchewan youth alongside participants of the Take the Lead! program. These young people embody the leadership qualities that YAC aims to foster in our community.”

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EVENT SPONSORS:



For more information on the “Energize” Take the Lead! Youth Conference contact:

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SPRA is a non-profit member organization dedicated to enhancing quality of life in the Province. SPRA provides parks and recreation services and support to Saskatchewan communities and advocates on behalf of the recreation and parks field at the local, provincial and national level. SPRA is funded by the Saskatchewan Lotteries.

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