



For Immediate Release

October 1st 2009



Metis In Motion Physical Activity Campaign Launches in September 2009

Vancouver, B.C.

Metis Chartered Communities throughout the lower mainland are encouraging their membership to become physically active through Jigging and other traditional dances with classes starting in September. The classes are being held in East Vancouver and Surrey featuring Metis Aerobics, Aqua Jigging, and traditional Metis dancing. The Métis in Motion Physical Activity Campaign is sponsored by the British Columbia Recreation and Parks Association and the Heart & Stroke Foundation of BC & Yukon.

Join Yvonne Chartrand and the Louis Riel Dancers Wednesday evenings from 5:30 – 7:15 pm at the Aboriginal Friendship Centre 1607 East Hastings Street (between Woodland Drive and Commercial Drive). Call Allyson McGrane at 604- 873- 6373. Join Bev Lambert on Tuesday evenings from 7-8pm at Synala Housing Co-Op 3090 Kingsway at Kerr Street and Monday evenings at 7-8pm at the North Surrey Recreation Centre 10275 King George Hwy. Surrey.

For more information contact:

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About BCRPA

The British Columbia Recreation and Parks Association (BCRPA) is a not-for-profit organization dedicated to building and sustaining active healthy lifestyles and communities in BC. Established in 1958, the Association is an advocate and central resource agency for members and stakeholders of the parks, recreation, physical activity and culture sector. For more information, visit www.bcrpa.bc.ca.

About Heart & Stroke Foundation of BC & Yukon

The Heart and Stroke Foundation, a volunteer-based organization, leads in eliminating heart disease and stroke through the advancement of research and its application; the promotion of healthy living; and advocacy. For more information, visit www.hsf.bc.ca.