



May 30, 2019

**FOR IMMEDIATE RELEASE**

## **TOWN ENCOURAGING ACTIVE LIVING WITH PARTICIPACTION CHALLENGE**

**Town joins contest to win \$150,000 by accumulated community active minutes**

**WHITCHURCH-STOUFFVILLE, ON** – The Town of Whitchurch-Stouffville will be participating in the ‘ParticipACTION Community Better Challenge’ from May 31st – June 16th, as the Town strives to be named Canada’s Most Active Community. The ParticipACTION Community Better Challenge is helping strengthen communities through physical activity and sport.

ParticipACTION is awarding \$150,000 to the community who rallies the most participants and accumulates the most active minutes during the challenge. The Town is encouraging all residents of Whitchurch-Stouffville to attend and support our Community Better kick-off event which is happening at the 15th Annual Doors Open Whitchurch-Stouffville on Saturday, June 1, 2019 from 10 a.m. to 4 p.m. with the kickoff at Civic Square starting at 9:15 a.m.

Before the event, remember to download the new ParticipACTION app – the active app for everyone – so participants can track and contribute to Whitchurch-Stouffville’s total active minutes.

A calendar of special events and activities is available online for participants for to start planning activities for the Community Better Challenge. Physical activity can break down walls and act as a building block to grow stronger communities by boosting the confidence and happiness of individuals. Whitchurch-Stouffville is excited to *Community Better together*.

Visit [townofws.ca/whatsnew](http://townofws.ca/whatsnew) for more details.