

MEDIA RELEASE

11 September 2009

Fun, Fitness and Fundraising

Come along and join the fun, fitness, and fundraising at the Lawton Genesis Fitness Club open day with all funds raised going to support a local charity Multicap and people with multiple disabilities on Wednesday, 16 September 2009.

The gym will be open to the public 8.00am - 10.00pm, with heaps of great activities to get involved in no matter what your fitness level or age for just a gold coin donation, plus there is free child minding, and sausage sizzle to raise funds for Multicap.

Multicap Petrie service coordinator Jill Binding said she is looking forward to participating in the day and many of the local clients with disabilities are also excited to be able to be involved in such an inclusive event by the local Genesis Fitness Club.

"Some of our Multicap clients with multiple disabilities access the gym on a regular basis and they will love coming in for an extra session", Ms Binding said.

"Multicap will also be selling a BBQ on the day so make sure you come along and have a workout and relax with a sausage afterwards", she said.

Multicap Chief Executive Officer Joanne Jessop said it was wonderful to see a local business supporting a local charity that supports people with multiple disabilities.

"The effort put in by Genesis Fitness Centre to make such an inclusive event happen means a great deal to Multicap and is greatly appreciated," Ms Jessop said.

"All funds raised will be used towards programs for our Petrie Day Services clients", she said.

PHOTO OPPORTUNITY

WHAT: Genesis Fitness Charity Open Day from 8.00am - 10.00pm

WHEN: Wednesday, 16 September 2009

WHERE: Genesis Fitness Centre, 53 Lawnton Pocket Road, Lawnton

Multicap is a leading non profit disability services provider, established in 1962, that provides creative and sustainable support options and services for people with multiple disabilities, and their families and carers, in Queensland. Multicap's Petrie facility, located in Old Petrie Town, currently provides day services for 25 clients.

ENDS

For Further information, please contact:

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