



# MEDIA RELEASE

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**13 June 2024**

## **Get active at Daughters of the West**

A popular women's health and fitness program is making its City of Melton comeback.

Daughters of the West, a 10-week free health and wellness program, is delivered in partnership with Western Bulldogs Community Foundation and Melton City Council.

Registration is now open to any woman over 18 who lives or works in the City of Melton.

Developed by the Western Bulldogs Football Club, the program is designed to promote health and wellbeing for women in Melbourne's western suburbs.

Join like-minded women for fitness sessions, interactive discussions and workshops aimed at making healthy lifestyles achievable and fostering social connection.

Participants of all fitness levels and abilities can safely take part in the exercise element of the program under the guidance of trained staff.

City of Melton groups will run in Cobblebank and Fraser Rise.

Participants can take part in exercise alongside trained staff, with groups catering to a range of fitness levels and abilities.

Find out more and sign up: [melton.vic.gov.au/daughtersofthewest](https://melton.vic.gov.au/daughtersofthewest)

### **Cobblebank sessions:**

**Beginning:** Tuesday 16 July, 10:00am – 12:00pm

**Where:** Cobblebank Stadium, Stadium Dr, Cobblebank

### **Fraser Rise sessions:**

**Beginning:** Wednesday 17 July, 6:30pm – 8:30pm

**Where:** Fraser Rise Children's and Community Centre, 46 City Vista Ct, Fraser Rise

### **Quotes attributable to City of Melton Mayor Cr Kathy Majdlik**

*"Daughters of the West has inspired local women to make healthier changes and improve their lifestyles."*

**A vibrant, safe and liveable City accessible to all**



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*"It's a great way to get expert advice and support for improving your health and wellbeing while making some friends along the way."*

**ENDS**

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