

## **MEDIA RELEASE**

Subject: **Murray Bridge Wellbeing Hub Launch**

Contact: **Michael Sedgman, Chief Executive Officer**  
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Date: **Friday 10 March 2023**

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COMMUNITY members are invited to celebrate the launch of the Murray Bridge Wellbeing Hub by participating in a week of free activities and workshops.

The Wellbeing Hub will enhance and support community wellbeing by delivering a range of initiatives at a variety of locations in Murray Bridge and will be officially launched from 10am to 12noon Monday 20 March, at the Edwards Square community building now known as The Square.

Chief Executive Officer Michael Sedgman said he was proud to see the community inspired initiative come to fruition.

"Community consultation indicated overwhelming support for the establishment of a Wellbeing Hub and I'm happy to say that in partnership with Wellbeing SA and the Murray Bridge Community Centre, The Rural City of Murray Bridge is now able to offer this amazing new initiative," he said.

"Providing opportunities to promote health and wellbeing and enable people to connect with others is an important part of building and supporting Thriving Communities.

"I'd encourage everyone to check it out, sample the free activities on offer – take a friend along and see how participating in the Wellbeing Hub activities can support your wellbeing."

Wellbeing Hub free taster classes on offer during launch week include:

- Community Garden Meet Up 10am Wednesday 22 March at the Murray Bridge Community Centre, 18 Beatty Terrace, Murray Bridge
- Let's Play With Music, for 0-5 year olds, 9.15am Thursday 23 March, The Square, 2 South Terrace, Murray Bridge

Wellbeing SA Chief Executive Lyn Dean said the Wellbeing Hub would support the physical, mental and social wellbeing of the local community.

"Wellbeing SA is excited to be working with The Rural City Murray Bridge to support wellbeing and encourage the community to stay healthy, active and connected," she said.

Murray Bridge Community Centre Coordinator Jade Porter said the Murray Bridge Community Centre would now operate from two locations – Beatty Terrace and The Square.



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"This will be a great addition to our community and we look forward to delivering programs and contributing to positive wellbeing outcomes within the Murray Bridge area," she said.

The launch event will also celebrate and promote the relocation of the Haven (a domestic violence resource offering information, support and referrals) from Beatty Terrace to The Square.

View the Hub Calendar of classes and activities on The Rural City of Murray Bridge website [murraybridge.sa.gov.au/wellbeinghub](http://murraybridge.sa.gov.au/wellbeinghub)

For more information contact 0468 640 800 or [wellbeinghub@mbcci.org.au](mailto:wellbeinghub@mbcci.org.au)

***This is a joint project between The Rural City of Murray Bridge, Murray Bridge Community Centre and Wellbeing SA***

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