

The Malta Association of Physiotherapists in collaboration with the Health Promotion unit is organizing a Movement for Health Campaign during the month of September. Our aim is to encourage the general public to engage themselves in a healthy active lifestyle.

This enthusiastic enterprise was set up due to the fact that the 8<sup>th</sup> of September commemorates *The World Physiotherapy Day*. The World Confederation for Physical Therapy encourages all member organizations to celebrate this day by promoting *Movement for a Health*.

*“The day marks the unity and solidarity of the physical therapy community from 101 countries around the world. It is an opportunity to recognise the work that physical therapists do for their patients and community” says the World Confederation for Physical Therapy.*

On the 13<sup>th</sup> of September the Movement for Health Campaign shall be launched in the following activities:

Launch of Campaign: 9.00 hours

Fun walk: 9.30 hours-11.00 hours. Commencing from San Anton gardens and walking through the streets of the three villages of Lija, Attard and Balzan. Finishing again at San Anton Gardens. Distinct personalities and the three mayors of these three localities shall be cordially invited to launch this campaign and participate actively in this event.

The Movement for Health Campaign shall resume its activities in the weeks to follow in other fun walks which are the following:

Sunday 20 September - Fun walk, Venue: Sliema Front (Ghar id-Dud to Spinola Bay), Time: 9.00 hours- 11.30 hours.

Monday 28<sup>th</sup> September - Fun Walk, Venue: Freedom Square till Main Guard, Time: still to be announced, Guests: Prime Minister, Opposition Leader, and other M.P.'S

Sun blocks, water and T-shirts will be given on a first come –first served basis to all participants.

For further info kindly contact Ms Pauline Fenech

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