

## Media Release

November 21<sup>st</sup>, 2011

### *VASS Arabic Women Seniors Group-Dandenong*

The Victorian Arabic Social Services (VASS) Office in the South East successfully received funding through Arthritis Victoria from Parks Victoria to purchase Nordic Walking Sticks to be utilised by elderly women from an Arabic Speaking Background in their weekly exercise program. Nordic Walking Sticks are beneficial for people suffering from Arthritis. Nordic Walking Sticks are also effective as jogging, as gentle as walking and it is perfect to do with a group of old and new friends. Because Nordic Walking uses poles it engages your whole body and works all your major muscles from head to toe. The result is an effective, easy and fun exercise.

### *Ten Nordic Walking Sticks were provided to the Arabic Women's Seniors Group*

Three women and volunteers were trained by Arthritis Victoria on how to use the Nordic Walking Sticks. These women and volunteers later trained the group on how to use the sticks. On November 17<sup>th</sup>, 2011 the Arabic Women's Seniors Group launched the small project which generated interest from Parks Victoria and from local media. The group was filmed doing an exercise routine in a local park, located near the Jan Wilson Community Centre which the women utilise for weekly meetings every Thursday from 11am – 1pm.

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