

MEDIA RELEASE

City of Williams Lake



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For Immediate Release

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5-2-1-0 Playboxes in Williams Lake

Enjoy healthy active-play activities for FREE with three Live 5-2-1-0 Playboxes in Williams Lake!

The City of Williams Lake is excited to announce the installation of Playboxes in Boitanio, Beauchamp, and Kinsmen Parks. The Playboxes contain soccer balls, Frisbees, skipping ropes, badminton racquets, birdies, bocce sets, footballs and other equipment for families to enjoy while at these parks.

All Playboxes have a combination. To get the code visit <http://williamslake.ca/130/Recreation-Services>, click on the Playbox image, answer a few short questions, and receive the code. You can also visit or call the front desk at the Cariboo Memorial Recreation Complex during facility hours to obtain the lock code.

The Playboxes have been funded by Communities that Care and Success By 6 and have been supported by the City's Recreation and Municipal Services departments. The goal of the Playboxes is to help get families outdoors, away from screens, and interacting with each other. It's also a way to get people to visit some of Williams Lake's great neighborhood parks.

Playboxes are popping up in cities around the province. Each box has the Live 5-2-1-0 messaging which promotes four simple guidelines for raising healthy children: children should eat a minimum of 5 vegetables and fruits a day, have no more than 2 hours of screen time, participate in a minimum of 1 hour of physical activity and choose 0 sugar drinks. Through the Live 5-2-1-0 message, SCOPE, an initiative of BC Children's Hospital, is supporting communities as they take action to build healthy environments for children.

Recreation Services will be maintaining the Playboxes. Donations of equipment can be brought to the Cariboo Memorial Recreation Complex. If you notice missing equipment or a damaged Playboxes please call 250-398-7665 or email playbox@williamslake.ca.

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For more information, contact:

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