

MEDIA RELEASE [For Immediate Release]

A vibrant celebration of health and wellbeing: Healthy Harold's Colour Run comes to Parkes this Thursday

Keast Park in Parkes NSW will light up in a sea of colour this Thursday 9th May from 3.30 pm to 5.30 pm, as the community gathers for Healthy Harold's Colour Run. This free, family-friendly event, designed in consultation with the Parkes community, aims to foster awareness of health and mental well-being, spark conversations, ignite interest in positive health outcomes, and provide inclusive opportunities for community engagement.

Participants of all ages are invited to immerse themselves in a rainbow of coloured chalk powder as they run, walk, or dance their way through the course. Alongside the colourful journey, attendees will enjoy access to interactive booths hosted by local organisations, offering invaluable community insights on health, safety, and wellbeing. Healthy Harold, the beloved giraffe mascot of Life Ed will be there to take photos with attendees, in addition to the exciting giveaways that will be occurring throughout the event. A complimentary BBQ will be provided by the Rotary Club of Parkes for all attendees to enjoy.

Healthy Harold's Colour Run is proudly presented in partnership with Life Ed NSW, with generous support from Parkes Shire Council, Western NSW Local Health District, NSW Transport, Rotary Club of Parkes, North Parkes Oval parkrun and Evolution Northparkes Operations.

The event serves as a cornerstone of Healthy Harold's Parkes Festival of Health, running from May 6th to May 17th. This initiative engages over 1,550 children across 15 schools and early learning centres in Parkes and its surrounding regions with Life Ed. With the help of its iconic mascot Healthy Harold the giraffe, Life Ed empowers children and young people with engaging preventative health education that equips young minds with essential skills and strategies for physical, social and emotional wellbeing. Topics explored during the interactive lessons delivered by Life Ed's specialist Health educators include nutrition, physical activity, personal safety, respectful relationships, cybersafety and positive decisions around drugs and alcohol, including vaping.

Councillor Ken Keith, OAM, Chairman of Life Ed NSW and Parkes Shire Council, expressed enthusiasm for the event, stating, "We're excited to bring Healthy Harold's Colour Run to life. Our goal is to provide a joyful space where individuals can come together, have fun, and deepen their understanding of the importance of holistic health and wellbeing."

"The Colour Run is a cornerstone event within Healthy Harold's Parkes Festival of Health, which unites local schools, families, health services, and organisations in a collaborative effort to enhance community engagement, while amplifying the health and safety messages that mean the most to Parkes", added Councillor Keith.

Partnering with supporters, NSW Transport, The Colour Run, will highlight an important campaign being promoted throughout the week – National Road Safety Week, an initiative of Safer Australian Roads and Highways (SARAH) group. This week-long activation aims to raise awareness of road safety nationally, with Thursday's theme engaging the community to think about "how safe is my ride?" and consider safety when choosing a car. Event attendees can meet the professionals behind the campaign at their information booth, and learn practical tips and strategies to support young people's safety on the road.

In addition, attendees can also visit the Western NSW Local Health District community health hub at the Colour Run. Here, visitors can explore a range of health information and meet the dedicated professionals providing local health services.

"Healthy Harold's Colour Run in Parkes promises to be an exciting convergence of health, community, and vibrant celebration. With a diverse array of activities, colourful festivities and local supporters, this event exemplifies Life Ed's commitment to a whole-of-community approach when it comes to encouraging conversations and helping everyone to learn about health, safety and wellbeing." says Jonathon Peatfield, Chief Executive Officer of Life Ed NSW.

Healthy Harold's Colour Run is a free event, with all families and community members invited to join a fun-filled afternoon of colour, community, and invaluable health insights. For more information visit lifeed.org.au or email nsw@lifeed.org.au

Healthy Harold's Colour Run

Date: Thursday 9th May

Time: 3.30pm – 5.30pm

Location: Keast Park, Hooley Street, Parkes NSW

Cost: Free

- Ends

Media enquiries

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About Life Ed NSW/ACT

Life Ed is Australia's largest independent provider of preventive health education to school children. With the help of its iconic mascot Healthy Harold the giraffe, Life Ed has been empowering children and young people to make safer and healthy choices for more than 40 years.

We work in more than 2,200 schools and early learning centres across NSW and the ACT, with approximately 280,000 school children participating in our program each year. Our 60 specially trained educators visit students via our 44 mobile classrooms, three pop-up classrooms and via our new virtual classroom and on-demand online program. Since our inception in 1979, Life Education has empowered more than seven million Australian children to make safe and healthy choices.

www.lifeed.org.au