



Naracoorte Lucindale Council

*Better by Nature*

## NOTICE OF WORKSHOP

Members are advised that a Workshop of Council will be held on Tuesday 20 October 2020, commencing at 6.00pm, in the Council Chambers, DeGaris Place, Naracoorte.

### TOPIC FOR DISCUSSION IS:

- Barriers and Enablers to Physical Activity in the Naracoorte Lucindale District

Presented by two final year Physiotherapy students from the University of South Australia who are completing a health promotion project as a part of their studies. Their project aims to explore, understand and facilitate awareness of physical activity in residents aged over 65 years in the Naracoorte Lucindale District. Their objectives include exploring the barriers and enablers to physical for this target population through questionnaires and interviews with relevant stakeholders, as well as a review of the literature. They will then develop appropriate materials to facilitate physical activity awareness within the community. They wish to discuss their findings with council, with the aim to support the Naracoorte Lucindale Council Strategic Plan 2016-2020, noting the outcome “A healthy and resilient community”, with a key action point to “encourage physical activity and healthy lifestyles”.

If you are unable to attend the workshop, please advise the Naracoorte Office (phone 8760 1100) as soon as possible.

A handwritten signature in black ink, appearing to be 'SA'.

CHIEF EXECUTIVE OFFICER

9 September 2020

This workshop is an informal gathering under Section 90(8) of the Local Government Act, which allows informal gatherings to be held provided that the discussion does not lead to a decision, or effectively obtain a decision, on a matter that would ordinarily be dealt with at a council meeting. The workshop will be held in accordance with the Act, Regulation 8AB, Local Government (General) Regulations 2016 and Council's [Informal Gatherings and Discussions](#) policy.