

Media Release

28 February 2023

Parks Week 2023 is the perfect reason to enjoy the great outdoors

Parks Week is back again for 2023 with Gladstone Regional Council hosting several events to encourage the community to spend quality time outdoors.

Celebrated from 4-12 March, Parks Week 2023 will focus on how spending time in our parks and open spaces positively influences our wellbeing.

Council will host four free events during the week, beginning with Moonlight Movies at Miriam Vale on Friday 3 March.

Morning yoga sessions are also on the Parks Week 2023 schedule, with a session being held at Gladstone (4 March), Seventeen Seventy (11 March) and Tannum Sands (11 March).

Gladstone Region Mayor Matt Burnett said parks and open spaces are valuable community assets that help support physical and mental wellbeing.

“Parks provide environmental benefits and help connect communities by providing places where people come together for leisure,” Councillor Burnett said.

“Council manages 60 playgrounds, 15 exercise parks, seven skate parks, three dog exercise areas, two pump tracks and the award-winning Tondoon Botanic Gardens, so there is no shortage of parks and open spaces to enjoy in our region.

“We hope to see you out and about enjoying our beautiful parks and gardens during Parks Week 2023.”

PARKS WEEK 2023 EVENTS

Moonlight Movies (Miriam Vale)

7pm, Friday, 3 March 2023

Alf Larsen Park, Miriam Vale

Free, bookings not required

Movie - *Minions: The Rise of Gru*

Yoga in the Park with IMMY (Gladstone)

7am, Saturday, 4 March 2023

Apex Park, Cnr Tank and Goondoon Streets, Gladstone

Free, bookings not required

Empower yourself with your wellbeing through movement, mindfulness and mental strategies. Join FREE Yoga with IMMY at Apex Park, Gladstone.

MORE

Yoga in the Park with Breathe 1770 (Seventeen Seventy)

7am, Saturday, 11 March 2023

Air Sea Rescue Park, 1770

Free, bookings not required

Whether you are new to the practice of yoga or familiar with the yoga journey, join in the FREE session with Breathe 1770 Yoga in the natural surrounds of 1770.

Yoga in the Park with Severine Sanctuary (Tannum Sands)

7am, Saturday, 11 March 2023

Peters Park, Tannum Sands

Empower yourself with your wellbeing through movement, mindfulness and mental strategies. Join FREE Yoga with Severine Sanctuary at Millennium Esplanade.

Visit www.gladstone.qld.gov.au/parkswweek for more information about Parks Week 2023 in the Gladstone Region.

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