



NEWS RELEASE

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'Better Boro Project' kickoff scheduled at Cason Trailhead, April 11

Mayor Urges You to "Get Your Zumba Face On" For a Better You & Better Community

FOR IMMEDIATE RELEASE: April 6, 2015

MURFREESBORO, Tenn. – We all know how important good health and fitness is to overall well-being and longevity. But did you know that a healthier you makes a healthier community? Join the City Parks and Recreation Department as the City will kick-off the "Better Boro Project," Saturday, April 11, 2015, 9:00 a.m., at Cason Trailhead, 1100 Cason Trail, Murfreesboro, TN 37128.

"This initiative is designed to promote healthy eating, encourage outdoor recreation, and provide unique and accessible wellness activities," stressed City Mayor Shane McFarland. "Over the next year, I will be endorsing a number of programs, events, and activities that will engage and educate citizens on practical and effective ways to become healthier."

In an effort to continually enhance local wellness opportunities, Mayor McFarland and the Murfreesboro City Parks and Recreation Department are excited to announce the "Better Boro Project." The kickoff event at Cason Trailhead will feature a free Zumba class in the pavilion. Future events and activities will include Tai Chi, yoga, outdoor fitness boot camps, a fresh food farmers market, guided hikes, and boating events.

The City of Murfreesboro is committed to creating and maintaining venues and programs that promote healthy lifestyles for its residents. The first community fitness event will be this Saturday at Cason Lane Trailhead. The latest addition to the Murfreesboro Greenway System, the Cason Trailhead features one large and two small pavilions, restrooms and a children's playground. Follow the West Fork of the Stones River with scenic overlooks, an impressive bridge crossing, and more access to the beautiful natural settings within Murfreesboro <http://www.murfreesborotn.gov/facilities/facility/details/Cason-Trailhead-10>.

For more information, contact Nate Williams, City Parks & Recreation Superintendent, 615-642-1080 or e-mail, nwilliams@murfreesborotn.gov.

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'Better Boro Project' Schedule:

May 9	Tai Chi	Murfree Spring
May 15	Family Camp Out	Barfield Crescent Park
June 12	Family Camp Out	Barfield Crescent Park
June 13	Zumba	Barfield Crescent Park
June 27	Boat Day	Manson Pike Trail Head
July 11	Fitness Bootcamp	Cason Trailhead
July 18	Yoga	Barfield Park Wilderness Station
July 24	Parks & Rec Fun Run	Gateway Island
July 25	Zumba	Old Fort Park
Sept 12	Family Camp Out	Barfield Crescent Park
Oct 3	Guided Family Hike	Barfield Crescent Park
Dec 31-1	"Mayorathon"	TBA

For City News online, visit www.Murfreesborotn.gov.

Photo attached captions:

1. 'Better Boro Project'.jpg