

**2 MARCH 2020**

## **Bigger, brighter, bolder, Live Well Festival returns**

The benefits and importance of a healthy lifestyle will be front and centre from March 28 when Central Coast Council brings an extended program of the popular Live Well Festival to Gosford.

Last year's inaugural festival was well received by the community and this year's event is expected to be bigger and better with the inclusion of a week of activities leading into the main event day on Sunday 5 April.

Council Section Manager Place Activation, Cobey Linsley said the event is not only a fantastic opportunity for businesses in the health industry to come together and network but for people to embrace the healthy lifestyle of the Central Coast.

"Our main event day program will focus on four key health HUBS – Eat, Move, Think and Love Your Earth. Each HUB will be represented by local businesses and guest speakers who will bring a wealth of knowledge and experience," Ms Linsley said.

"Speakers will be delivering health focused talks and we expect community members to walk away inspired and equipped with great new information to make positive changes to their lifestyle.

"This year we are working with Central Coast health and wellness businesses to offer a week long program of events leading up to the main event day – take part in fitness classes, cooking classes, educational sessions – there is something for everyone.

"We encourage community members and visitors to check out the great program and participate in as many of the business hosted events in lead-up to the not-to-be-missed main event on Sunday 5 April on the Gosford Waterfront and Central Coast Stadium."

Mayor Lisa Matthews said she is delighted that the Central Coast has rolled out the welcome mat for the Live Well initiative which runs into World Health Day.

"As a Council we aim to educate and inspire our community members and visitors to our region to be their best selves," Mayor Matthews said.

"Our extended and enhanced Live Well Festival is all about promoting health and wellbeing and making the most of our fantastic lifestyle here on the Coast."

Due to the location of the Live Well Festival, the carpark under the Brian McGowan Bridge will be closed from 12pm on Saturday the 4 April and will re-open following the day's festivities.

There are parking options in both the Gosford Commuter Car Park or the Gosford City Car Park (\$5) off Baker Street. Trains and buses will run regularly throughout the day with the Gosford train station only a 10 minute walk to the event site.

Live Well runs from 28 March to 5 April, with the major event day on Sunday 5 April on the Gosford Waterfront and Central Coast Stadium.

For further information about the event visit [centralcoast.nsw.gov.au/livewell](https://centralcoast.nsw.gov.au/livewell)