



NATIONAL RURAL
HEALTH
ALLIANCE INC.

9th National Rural Health Conference Albury, 7-10 March 2007

Entertainment with a healthy edge

Release date. Tuesday 27 February: Attention : harassed health and anxious arts writers and broadcasters

Artistic activities and adventures feature as a major component in a healthy lifestyle and living in rural Australia, at the 9th national rural health conference in Albury in March. As well many workshops on successful arts in health programs, conference delegates will be entertained throughout the conference by song, dance, circus, exhibitions and other performances. They will also make their own entertainment, coming together each morning to sing and finally perform as a choir at the conference's conclusion.

Featured performers include:

Fruit Bats – Older persons' circus

Older adults (40 years and over) in the North Eastern Victoria and Albury area perform a range of comedy and circus skills. Participants increase their flexibility, strength and balance and have a great deal of fun and camaraderie, regardless of age.

Flying Fruit Fly Circus

Founded in 1979 during the International Year of the Child, The Flying Fruit Fly Circus is Australia's premier youth performing arts company, who are world renowned and traveled performers

Murray Conservatorium

.A community education institution offering many exciting ensemble activities including 'Orchestras Alive!' (the Murray Conservatorium Chamber Orchestra and All Comers Ensemble), 'Move 2 Groove' (stage band), Flute and Clarinet Ensembles, and 'Voices of the Murray'(youth choir).

Somebody's Daughter and HighWater Theatre . Unique intergenerational program combines women ex-prisoners with a history of drug addiction and institutionalisation who have broken the cycle, working with at risk youth, who are in the early stages of a similar cycle. From this potent combination emerges a stunning new play *Catch a Star - Falling* about growing up on the fringe in country Victoria where 'a good catch' can make all the difference. They will present both performances and a workshop.

James Rigby and Jane Thompson and the Conference Choir

These full-time musicians and singers from Maldon will be encouraging, coaxing and coercing as many delegates as possible to start the day uplifted, relaxed and energised by singing. No experience or skills required –shower-only singers are especially welcome! They will also discuss the beneficial effects of singing on health, both for the individual and the community, drawing on their own experience of working with singing in a variety of settings, and also on the collected research and breadth of work of Community Music Victoria.

Other Conference Workshops;

A major conference stream will be Arts-in-Health: sessions will cover those mentioned above plus festivals for healthy living(Pyramid Hill), art therapy from the Royal Flying Doctor base in Longreach, dance and film for people with a disability (Club Wild)

Marily Cintra who founded the Health and Arts Research Centre which works to advance the synergy between arts, culture and well being will also speak.

There will be a photographic exhibition at the conference, and a Photographic team will film delegates to make up a composite 'face of rural health' to show on the final day.



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Delegates will also mix with the local community at **Todos Arte** – an ephemeral but significant (6.8 metre high) sculpture workshop project representing land, river and harmony, which will transform the heart of Wodonga's CBD for a month at the time of the conference.

Conference program and registration details via: www.ruralhealth.org.au.

Chris Pidd, Murray Arts compiled the program and is available for interview and further briefing, and can organize interviews and filming of performers prior to and during conference. 0409454119

Megan Stoyles has conference media details 0408 147 829