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## BRUCE GREY TRAIL NETWORK TO HOST GEOCACHING EVENT

FOR IMMEDIATE RELEASE

April 20, 2009--The Bruce Grey Trail Network will host a geocaching event on Thursday, April 30 as part of *Turn off the Screens* week, a project of the Grey Bruce Health Unit in partnership with numerous community agencies.

Primary goal of the event is to increase physical activity levels of children, youth and their families. During the *Turn off the Screens* week of April 27 to May 3, families are encouraged to turn off the televisions, computers and video games and to become more active.

The geocaching demonstration will take place at Headquarters Conservation Area at 261123 Grey Road 28 south of Hanover from 6:00 p.m. to 8:30 p.m. Participants are to meet at the Resource Centre. A short explanation of geocaching—an exciting treasure hunt game using the technology of hand-held global positioning system (GPS) units—will be followed by a search for caches on Saugeen Valley Conservation Authority trails.

Big Brothers Big Sisters of Hanover will participate in the event along with anyone from the community interested in geocaching. The Bruce Grey Trail Network will supply GPS units for those who do not have their own unit. Geocaching kits, provided by the trail network through financial support of Grey Bruce Partners in Health, are available at a number of library branches in Grey and Bruce counties.

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