



Mar 09, 2016 10:16 GMT

Library event promotes health and activity

Keeping safe, active and healthy will be the theme of an event being hosted by Elgin library later this month.

A number of agencies will be represented, including Police Scotland, the fire and rescue service, trading standards, Moray Council's older people's development team, the council's libraries service, Moray Leisure Centre and NHS Healthpoint.

The focus will be on keeping healthy and active and advice will also be

available on home and personal security, internet safety, cold calling and scams.

The event, which will be held on Monday, March 21 from 2pm to 4pm, is free and open to all. Further information is available from Elgin library on 01343 562600 or by e-mailing elgin.lending@moray.gov.uk

Moray Council area stretches from Tomintoul in the south to the shores of the Moray Firth, from Keith in the east to Forres in the west. The council and its 4,500 employees respond to the needs of 92,500 residents in this beautiful part of Scotland, which nestles between Aberdeenshire and the Highlands.

Famous for its colony of dolphins, fabulous beaches and more malt whisky distilleries than any where else in Scotland, Moray is a thriving area and a great place to live.

Headquartered in Elgin, the administrative capital of Moray.

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