



## Media Release

### Naturally Australia Magazine – Picnic on the Green

#### Save the Date!

*Naturally* Australia magazine, published by Roxby Media on behalf of the Complementary Healthcare Council (CHC), invites Corporate Sydney to join them for a “Picnic on the Grass”. The event will be held at Martin Place, Sydney on Wednesday, February 20, between 10am-4pm. The busy business transit of Martin Place will be transformed into a relaxing inner-city park where lunching professionals and passers-by will be invited to enjoy a picnic on the grass.

The event is designed to promote all aspects of healthy living from food and nutrition to mental health and wellbeing. Picnickers will be able to participate in a relaxing yoga session on the converted green, enjoy free health and beauty treatments, enter competitions or just sit, relax and soak up the atmosphere.

*Naturally* Australia magazine is part of the CHC’s comprehensive community engagement program focused on CMs and consumer health. The bi-annual magazine provides informative, inspirational content around all aspects of natural health and lifestyle, including exercise and fitness, mental health and wellbeing, food and nutrition, complementary medicines, family health, natural beauty, holidays and getaways.

Issue 3 of *Naturally* Australia will be launched in April, just in time for autumn and will ensure readers are up-to-date with all aspects of staying healthy as the weather starts to cool, including how to juice up your autumn, grow your own herb and vegetable garden, the benefits of thinking about food as medicine and much more.

The launch will be supported by television and radio campaigns with SBS and NOVA FM. Other channels include social media, iPad and mobile technology, online editions and post launch distribution via selected newsstands, Go Vita and health food stores, spas, health clinics and airline lounges nationwide.

Be sure to ‘Like’ the Winter Edition on the *Naturally* Australia [Facebook page](#) and whilst there check out the latest photos, updates, tips and giveaways from the *Naturally* team.

#### **Picnic on the Green event details:**

*Place:* Martin Place

*Date:* Wednesday 20th February 2013

*Time:* between 10.00am – 4.00pm

Ends

#### CHC Contacts

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