



## MEDIA RELEASE

**FOR IMMEDIATE RELEASE**

**MR# 2020090**

**DATE: 17 Dec 2020**

**RE: Watson joins 'A' team as Amherst's new active living co-ordinator**

**AMHERST, Nova Scotia** – Allison Watson is the Town of Amherst's new active living co-ordinator.

The Amherst resident joined the 'A' team on Dec. 14, 2020, and is responsible for the overall promotion, operation and development of the town's active living services and programs for people of all ages.

"I am pleased to announce Allison's hiring," Jason MacDonald, the town's deputy-CAO of operations, said. "She has a bachelor of science in therapeutic recreation for Dalhousie University and has a range of work experiences, most recently working in the Springhill and Mount Allison libraries, that will prove beneficial as she fulfils her role as the active living co-ordinator."

Watson, who also holds a bachelor of science degree majoring in biology and psychology from Dalhousie University, is looking forward to the challenge.

"I'm very excited to have this position," she said. "I look forward to working with my co-workers, our partners and with the residents of the Town of Amherst as we work together to get everyone moving as we endeavour to make this community the most active, healthy community in Nova Scotia."

Watson is filling a position that became vacant when her predecessor, Tamara Porter, became the town's business development officer earlier this year.



**ALLISON WATSON**  
**ACTIVE LIVING CO-ORDINATOR**





In addition to working at the two libraries, she has also worked as a recreational therapist at All Saints Hospital in Springhill and a respite worker in Halifax. While attending university, she worked as an inclusion support worker at the Needham Community Centre and as a human resource worker with L'Arche Halifax.

Watson is an author, having released a personal memoir titled: Transplanted – My cystic fibrosis double-lung transplant story. It was published in 2019 by Nimbus Publishing.

She is an active volunteer, having run beginner pickleball workshops, volunteered at Rannoch House, a house for individual with acquired brain injuries, and is a member of the Moncton Cystic Fibrosis Chapter.

Writing, reading, travelling, cycling, pickleball, hiking and gardening also interest Watson.

Fifty per cent of the funding for the active living co-ordinator position is provided by the Province of Nova Scotia through its Municipal Physical Activity Leader program.

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Direct enquiries to:  
Tom McCoag,  
Corporate Communications Officer  
902-694-6265  
[tmccoag@amherst.ca](mailto:tmccoag@amherst.ca)

