



Colo River Goodness

The Colo River is the last pristine river in NSW

5 Benefits of swimming and playing in natural waters

- 1. Stimulates and boosts the immune system**
- 2. Triggers the release of endorphins**
- 3. Jump starts blood circulation**
- 4. An essential component to healthy outdoor life**
- 5. A great way to play. Play is the gateway to vitality**

Somerset has monitoring systems in place to ensure its' drinking water meets the NSW Health guidelines and has independent water testing carried out more than 4 times per year.