



Womensport & recreation Tasmania Inc.

GAP

GET ACTIVE PROGRAM



Aged 18 - 25?

Would you like to expand your social circle and meet new people?

Learn a few health and wellbeing tips to improve your overall wellness?

Would you like to do something for yourself and have a little fun while your at it?

FREE 8 x sessions

Start: 8th August 2023

When: Every Tuesday, 10am - 12pm

Where: Meet at the Ravenswood Community Health Centre, 39-41 Lambert St Ravenswood & activities will be within the Launceston area.

Free Transport

Contact us with any questions or to sign up :)

Kristen - phone 0367773006

youthhealth.north@ths.tas.gov.au

or

Todd - Phone 0363392861

todd.mitchell@ravenswoodnh.org



STARTING POINT
NEIGHBOURHOOD
HOUSE

Neighbourhood Houses
The heart of our community



Youth Health North

TASMANIAN
HEALTH
SERVICE



Tasmanian
Government

The Get Active Program (GAP) is a statewide initiative that promotes involvement in physical activity and supports participants to improve their health and wellbeing. GAP is proudly owned by Womensport and Recreation Tasmania Inc. and is delivered with support from the Department of Health Tasmania, and in partnership with many organisations across the state. For more information visit www.wsrt.org.au or like us on Facebook 