



# Get Active in Glenorchy

**Glenorchy Health Centre  
Corner of Main Road and Barry Street**

**Wednesdays**

**12.noon -2 pm**

**4<sup>th</sup> August – 22<sup>nd</sup> September 2021**

**It's only 2 hours a week over an 8 week  
period!**

**Gold coin donation**

**Men & Women welcome**

- Enjoy being active in a friendly supportive atmosphere
- Meet new people and make new friends
- Learn how to set yourself goals and achieve them
- Help boost your confidence
- Do something just for you!
- Have FUN!

**For more information or to book your spot call**

**Corina McCarthy on 0419 326 327 or email**

**[corina.mccarthy@ths.tas.gov.au](mailto:corina.mccarthy@ths.tas.gov.au)**