



## GET ACTIVE PROGRAM PRESENTS.....

# Eat, Play, Nourish

10 SPACES FOR RAVENSWOOD &  
WAVERLEY FAMILIES

2 SPACES FOR FAMILIES OUT OF AREA

FRIDAYS 10.30 TO 12.30

FAMILIES WILL GET ACTIVE TOGETHER

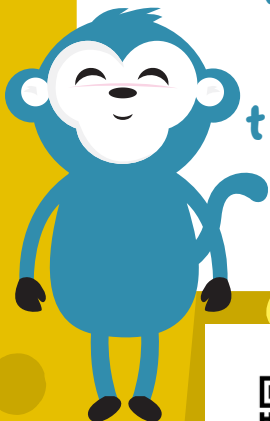
FAMILIES WILL COOK TOGETHER

FAMILIES WILL LAUGH TOGETHER

PROGRAM STARTS 23RD JULY

10 WEEKS WITH AN EXCURSION ON  
THE FINAL WEEK

**Ravenswood Child & Family Centre**  
**8 Prossers Forrest Road**  
to register your family speak with  
**Verity or Jacinta on 6111 2103**



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 & Recreation Tasmania Inc and is delivered with support from the Department of Health & Human Services Tasmania and in partnership with many organisations across the state.

For more information visit: [www.wsrt.org.au](http://www.wsrt.org.au) or Like us on Facebook

