Get Active East Devonport

East Devonport Rec Centre

Tuesdays

Gold coin donation

29th July – 23rd Sept

**Info Session**

**FREE LUNCH**

**Tuesday**

**29th July**

(9 weeks)

12.30pm – 2.30pm

 Want to find out how to -

* Get Healthier
* Try Different Activities
* Meet New People
* Take time out for self-care

Please let us know if you are coming for catering!

Child and Family Centre 6421 5153

**For men and women**

*Childcare is not planned. Please talk to us if this is a need….*

 Come along, enjoy a meal together and find out about **Getting Active**!

The *Get Active Program* is owned by Womensport and Recreation Tasmania Inc. and receives funding through the Australian Better Health Initiative: A joint Australian, State and Territory government initiative.