



Get Active Program

Brighton

Are you aged 50 or above?

If so, would you like to:

Meet new people and make new friends?

Learn how to set goals and achieve them?

Do something FUN for yourself?

Participate in low to moderate exercise?

If your answer is YES - then come along and join us

Where: Pontville Hall, Brighton

When: Starts Thursday 19th October for 8 weeks

11am - 1pm

Cost: Gold coin donation

This is a joint initiative between Womensport & Recreation Tasmania,
Brighton Council and Freedom Health & Wellness

For more information or to register contact: Stacey Aldous - 0417 464 476



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.wsrts.org.au or Like us on Facebook

