

# Women's Legal Service

Free and confidential legal advice for women



Get Active Program's

## FINANCIAL FITNESS BOOTCAMP



Thursday  
25th July  
running for 9 Weeks

9.30am - 11.30am

Head to Health Launceston  
62/64 Canning Street

Join us for this new initiative where Verity will delve into a new financial topic each week for 45 minutes. Following that, Hollie, a certified fitness instructor from Hive Movement, will lead a 45-minute exercise session for the group.

Open to ages 18 and above, welcoming all fitness and financial levels.

To express interest, reach out to Verity at [verity@womenslegaltas.org.au](mailto:verity@womenslegaltas.org.au) or contact (call/sms) 0456 631 892.

women's  
legal  
service  
tasmania

Launceston  
**HEAD TO HEALTH**



HIVE MOVEMENT

Connection - Inclusivity - Community



Womensport  
& Recreation  
Tasmania  
Inc

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