



# Get Active Program

**We are calling mums in the Derwent Valley...**

**Do you want to get fitter, stronger and healthier?**

Meet new people and make new friends?  
Learn how to set goals and achieve them?  
Do something FUN for yourself?

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

**Where:** Freedom Health & Wellness  
99 Ring Road, New Norfolk

**When:** Starts Wednesday 15th Feb for 8 weeks  
9am - 10.30am

**Cost:** \$60 for the 8 weeks (Includes classes at Freedom for the 8 weeks)

This is a joint initiative between Womensport & Recreation Tasmania 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.wsrt.org.au](http://www.wsrt.org.au) or Like us on Facebook

