

**KINGSTON NEIGHBOURHOOD HOUSE**

IS PROUD TO HOST THE

**GET ACTIVE PROGRAM**

Fierce, Fun & Fitness

The GAP runs for 2 hours per week over 10 sessions.

The first hour helps you with information and planning to create your healthy lifestyle. The second hour is a physical activity in our local area.

The program is designed to be a fun and informative workshop and provides the opportunity to meet with like minded people in our community.

**PROGRAM COMMENCES WEDNESDAY 21ST FEBRUARY 10AM - 12PM**

**AT 24 HAWTHORN DRIVE, KINGSTON**

Please contact Bec or KNH on 03 6229 4066 to register your interest in our new Get Active Program.

***We are grateful for the sponsorship of***

***Womensport and Recreation Tasmania***





Gold Coin Donation

Appreciated