

Do you need help getting into a fitness routine?

Do you want to get fitter, stronger and healthier?

Do you want to exercise in a safe, supportive environment?

Is it time to do something for your own physical and mental health?

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

Get Active Program

Where: Freedom Health & Wellness

99 Ring Road, New Norfolk

When: Starts Thursday 12th May for 8 weeks

9am - 10.30am

Cost: \$60 for the 8 weeks

Cost includes unlimited access to Freedom classes for new participants, for the duration of the program

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.wsrts.org.au or Like us on Facebook

