



# Get Active Program

Ouse Community Hall

## YOGA & Relaxation

Every Thursday for 10 weeks  
10.30am – 12.00pm

19, 26 Feb | 5, 12, 19 & 26 Mar | 2, 9, 16 & 30 Apr

\$10 per week  
All welcome

For information or to register

Phone Tracey on 0429 433 664  
Email [tracey.turale@ths.tas.gov.au](mailto:tracey.turale@ths.tas.gov.au)

You **WILL** be able to attend if you are unable to pay (just let us know quietly on the day)

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 Tasmania** and in partnership with many organisations across the state.