

working in health promoting ways



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**

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.