



Womensport&recreationTasmania Inc

# Get Active Program

## Bridgewater Community House

Would you like to meet new people and make friends?

Learn how to set goals and achieve them?

Would you like to do something for you?

Want to have some fun?

**If your answer is YES – then come along and join us**

**Where:** Bridgewater Community House

6 Bowden Drive Bridgewater

**When:** Starting on Monday 29<sup>th</sup> July for 8 weeks – 12.30-2pm

**Who:** All community members

**Cost:** \$4.00 per class



For more information or to register please contact:

**Stacey Aldous - 0417 474 476 or Teresa Temple - 6263 4303**

The Get Active Program (GAP) is a statewide initiative that promotes involvement in physical activity and supports participants to improve their health and wellbeing.

SUPPORTED BY



GAP is proudly owned by Womensport and Recreation Tasmania Inc. and is delivered with support from the Department of Health 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



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