



# Get Active Program

## "Fit to Care"

**Do you provide care to a loved one who is aging, has a health condition or disability? Do you need some time for yourself? Get your body moving, have fun and connect with other local carers.**

**Where:** Freedom Health & Wellness  
99 Ring Road, New Norfolk

**When:** Taking expressions of interest to start soon

**Cost:** FREE (Includes access to classes at Freedom for the duration of the program)

This is a joint initiative between Womensport & Recreation Tasmania, Carers Tasmania and Freedom Health & Wellness

**To register your interest, please 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.wsrt.org.au](http://www.wsrt.org.au) or Like us on Facebook

