

Get Active Program

Do you want to get fitter, stronger and healthier?

Meet new people and make new friends?

If the answer is YES, then why not join us for some gentle, low-impact exercise.

**Program runs from
4th March till 6th May**

**Mondays
10.50am to 11.40am**

"The Get Active Program is an initiative of Womensport and Recreation Tasmania Inc. with support from the Tasmanian Department of Health. This program has been made possible by the provision of a grant from the Womensport and Recreation Tasmania's Get Active Small Grants Program"



Casual Sessions
\$6
per person
per session

Tel. 6273 2362 130 Springfield Ave, West Moonah
westmoonahnh.org.au