

# Get Active Program

**Do you want to get fitter, stronger and healthier?**

Meet new people and make new friends?  
Learn how to set goals and achieve them?  
Do something FUN for yourself?

If your answer is YES - then come along and join us

**Where:** Chigwell Barn

10 Bucaan Street, Chigwell

**When:** Starts Tuesday 2nd August, 12.10pm

**Cost:** Gold coin donation each week

This is a joint initiative between Womensport & Recreation Tasmania, the Bucaan Community House and Freedom Health & Wellness

**For more information or to register 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.wsr.org.au](http://www.wsr.org.au) or Like us on Facebook

