

Mums & Bubs

Get Active Program

Calling all local mums who want to feel happier, healthier, stronger and have more energy!

Do you want to connect with other mums?

Do you want to set some wellbeing goals?

Do you want to have FUN?

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

Where: Freedom Health & Wellness

99 Ring Road, New Norfolk

When: Starts Wednesday 2nd August for 8 weeks

9.50am

Cost: \$50 for the 8 weeks (Includes supervised child minding)

This is a joint initiative between Womensport & Recreation Tasmania 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 or Like us on Facebook

