

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 10th May, 2022

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.

