



# Get Active Program

## Kingston

Would you like to meet new people and make friends?

Learn how to set goals and achieve them?

Would you like to do something for you?

Want to have some fun?

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

**Where:** Kingborough Fitness Centre



**When:** 11.30am-1.30pm Wednesdays, 2 May – 4 July 2018

**Who:** We are seeking people who are at risk of diabetes, high blood pressure or any other factors that would be improved or managed through lifestyle changes.

**Cost:** \$2/session

For details of full 10 week program, please contact the GAP Facilitator.



For more information or to register contact:

**Gap Facilitator: Mel Staples, Kingborough Council, 6211 8228 or email [mstaples@kingborough.tas.gov.au](mailto:mstaples@kingborough.tas.gov.au)**

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.



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