




**FREE
ACTIVITIES**

Active NICS 2016

5 WEEK PROGRAM : 19TH OCTOBER – 17TH NOVEMBER

Northern Integrated Care Service (NICS) Building
Ground Floor, 41 Frankland St Launceston

Join Active Launceston and be a part
of the FREE Active NICS program

-  All ages & abilities
-  No commitment required
-  Wear loose comfortable clothing
and bring a drink

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utas.edu.au/foundation/donate and follow the links to the Active Launceston Appeal.

Active NICS 2016

(Northern Integrated care service)

Active Launceston is eager to promote this excellent facility to the community along with providing a pathway for NICS staff and their patients to participate in other Active Launceston health initiatives.



Active NICS Program 2016

Day	Time	Session
Wednesday	5.00pm (60 minute session)	Gentle Exercise/Circuit – Low impact activities designed for those who are currently doing little or no physical activity
Thursdays	12.00pm (45 minute session)	Strengthen & Stretch – A mix of Pilates and Yoga movements designed to stretch and strengthen major muscle groups and improve balance, flexibility and core strength.

For more information please contact
Active Launceston on 6324 4027

Move More, Live More with Active Launceston