

AUGUST- SEPTEMBER 2020

As an extension of the Active Launceston project, Healthy Tasmania is proud to be delivering ten free exercise sessions utilising the brand-new fitness equipment at the Ravenswood Men's and Community Shed.

The installation of the fitness equipment was made possible through funding from the Stronger Communities Programme with support from Member for Bass Bridget Archer. This project is supported by the Starting Point Neighbourhood House and the City of Launceston.

THE DEAL

FREE twice weekly exercise sessions

When: Wednesdays and Thursdays

19, 20, 26, 27 August and

2, 3, 9, 10, 16, 17 September 2020

Time: 11.00am – 11.30am (30 minutes)

Where: Men's and Community Shed,
341 Vermont Road, Ravenswood, TAS

Bring: Water bottle, comfortable clothes and a great attitude

How to register: Two steps are required

a) register at


<https://healthytasmania.com.au/Registration>

(or grab a form when you arrive) and

b) complete a 'Adult Pre-Exercise Screen Tool' form (hardcopies of these are located at the Ravenswood Men's and Community Shed)

Info: Hayden.Fox@healthytasmania.com.au or call 0438 386 025.



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