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Active & Inclusive encourages children and adults with or without disabilities to get involved and participate in physical activity.

## 2<sup>ND</sup> – 23<sup>RD</sup> NOVEMBER

Wednesday afternoons – two sessions available; Session 1: 12.30pm – 1.15pm Session 2: 1.30pm – 2.15pm Venue: New Horizons Club, 292-294 Invermay Road Mowbray, TAS 7248

More information over page or contact Active Launceston on 6324 4027

Move More, Live More!





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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.

LEADER

## Active & Inclusive 2016



- The program will be supported by adapted equipment and experienced staff.
  - · All ages and abilities
  - · No commitment required
  - Wear loose comfortable clothing and bring a drink bottle
- Groups larger than three please make a booking through Active Launceston on 6324 4047

For more information please contact
Active Launceston on 6324 4027



Move More, Live More with Active Launceston