

# Active & Inclusive 2016

**FREE  
ACTIVITIES**

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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- ⚡ The program aims to engage people with or without a disability in physical activities that are enjoyable and fun for everyone.
- ⚡ 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