

FREE Get Active Program

# Activate Your Life 2014

FRIDAYS 11.00AM TO 1.00PM

BLOCK 1: 21ST FEBRUARY – 4TH APRIL

BLOCK 2: 6TH JUNE – 18TH JULY

BLOCK 2: 29TH AUGUST – 10TH OCTOBER

**NORTHERN INTEGRATED  
CARE SERVICE (NICS)**

41 FRANKLAND ST, LAUNCESTON  
(NEXT TO THE LGH)

The Get Active / Activate Your Life program is a preventative health program for patients who are at risk of / suffering from chronic illness, overcoming mental health issues, illness or injury.



- Do your patients need assistance to help overcome barriers to participation in physical activity?
- Do your patients need direction to improve their overall health and well-being?
- Are they struggling with their weight?
- Would you like to help your sedentary patients get active?
- Would your patients benefit from working with Allied Health and Fitness Professionals?
- Do you want to provide your patients with FREE health and wellbeing education sessions as well as physical activity options?

Through this program participants will be introduced to physical activity that is suitable for them, provided with the skills to set goals and understand motivation, the knowledge to self-manage illness / chronic conditions, stress and self-esteem issues as well as information on nutrition and healthy choices.

This program requires a referral from a GP or Allied Health Professional, please see the back of this flyer for more details.



For more information please contact Active Launceston on 6324 4027 or 6324 4047.



Move More, Live More!

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](http://www.utas.edu.au/foundation/donate) and follow the links to the Active Launceston Appeal.

# Activate Your Life 2014



The Get Active / Activate Your Life program is a preventative health program for patients who are at risk of / suffering from chronic illness, overcoming mental health issues, illness or injury.

- 3 blocks run during the year:  
Block 1: 21st February – 4th April  
Block 2: 6th June – 18th July  
Block 2: 29th August – 10th October.
- Sessions will be held at the Northern Integrated Care Services Building, 41 Frankland St, Launceston. Ground Floor in Community Rooms 1 or 2.
- Friday 11.00am - 1.00pm.
- Transport may be available.
- A referral from a General Practitioner or an Allied Health Professional is essential for this program.

To refer someone to this program please firstly get their permission, and then fill out this form and return it to Active Launceston either by fax 6348 8798 or email [active.launceston@utas.edu.au](mailto:active.launceston@utas.edu.au)

## Service Details

Practice or Community Service:

Contact Person:

Postal Address:

Phone:

Email:

## Patient Details

Patient's Name:

Physical Address:

Phone:

Mobile:

Patient's Health Status:

Health Check attached to this document: YES  NO

Transport Required: YES  NO

Signed:

Date:



The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

**Move More, Live More with Active Launceston**