

Are you an Active person? Are you interested in connecting with your local community?  
You need an Active Friend!



CFNP, in partnership with Active Launceston, is looking for Active Launcestonians to help UTAS students and staff to increase their physical activity levels, whilst developing a supportive relationship.

Many UTAS students and staff may struggle to get motivated, or face barriers to participation in activities. Physical activity is a great way to connect with new people and form friendships.

Whether you enjoy Yoga, bike riding, gardening, walking or pumping weights – why not invite someone along?! Contact CFNP today!

*Lots of activities and programs are FREE!*

## Community Friends & Networks Programme Active Friends



Contact Lucy or Donna at Active Launceston on 63244027 to see what activities are currently available or visit the website on [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

*MOVE MORE, LIVE MORE &  
CONNECT WITH YOUR COMMUNITY TODAY!*

Phone: 63243566

Email: [Community.Friendship@utas.edu.au](mailto:Community.Friendship@utas.edu.au)

Web: [www.utas.edu.au/cfnp](http://www.utas.edu.au/cfnp)



[www.activelaunceston.com.au](http://www.activelaunceston.com.au)