

How do YOU do it?

(Incorporating World Challenge Day 2009)



Active
LAUNCESTON

We are all active in different ways so come and show us, How do YOU do it?

Date: Wednesday 27th May 2009
Time: 11am – 2pm
Location: City Park, Launceston
Bring you family, friends or work colleagues – what a great way to spend your lunch hour!

Physical Activity Expo – demonstrations, displays, information and sessions for you to join in, including gyms, sports clubs, personal trainers, community groups!

Can we beat our sister city in the USA, NAPA to be more physically active than us? If you can't make it to the park on the 27th of May but still want your activity to be included go to www.launceston.tas.gov.au or call 6323 3624 to register your details.

- ALL Activities are FREE, Plus giveaways and discounts
- Come and try that activity you have always wanted to give a go, swing dancing, yoga, tai chi, tap dancing, rock climbing, orienteering, RPM, Boot Camp, croquet, belly Dancing and martial Arts
- Get some advice from an exercise physiologist
- Throw a few hoops with the Launceston Tornados
- Food and beverages available
- Have a kick with HAWKA
- Playgroup Tasmania will also be there, plus jumping castles and sumo suits!
- Have a go on the vertigo wall and climb, jump or fly!
- Don't forget you sneakers, water bottle and sun hat!



www.activelaunceston.com.au

