

# The Active Garden program is designed to promote gardening as a legitimate and very beneficial form of physical activity!

Participants will be guided by an experienced Gardener in Rocherlea's Peace Garden. Active Garden is a program of community-focused conservation activities, enabling and encouraging community members of all ages to get involved in regular physical activity.

The program will provide opportunities for people of varying fitness levels to undertake appropriate and regular physical activity outdoors whilst contributing to the environment.



**10 am - 12 noon Thursdays 11th March - 13th May 2010**

## Active GARDEN

- Sessions will be held every Thursday morning between 10 am and 12 noon.
- Participants are not required to register, rather just turn up and participate and the program is totally FREE!

Contact Active Launceston for more information on 6324 4027.  
Or visit the website [www.activelaunceston.com.au](http://www.activelaunceston.com.au)



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