

# Join Active Launceston and walk or run!

Active Walk *Run* will provide you with motivation and a safe group environment, so you can stay active over the cold Tassie winter months.

It will also help you to discover the recreational trail network of Launceston and provide you with some training in preparation for our community fun runs!



5.45pm - 6.45pm Wednesdays 2nd June - 18th August 2010

## Active WALK RUN

- No commitment is required
- Free physical activity
- All ages and abilities welcome

Meet our leaders at Royal Park, Park Street, Launceston.  
For more information visit [www.activelaunceston.com.au](http://www.activelaunceston.com.au) or call 6324 4027



Move More, Live More with Active Launceston