



23 January 2009

## ***Move More, Live More***

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

Issue: 4



**Active Launceston is a community driven project aimed to improve the health and wellbeing of the people of Launceston through increased participation in physical activity.**

## Active Launceston Update

2009 is shaping up to be a busy year with lots already happening. Active Launceston is keen to support you and your club or physical activity group. Email the Project Manager to find out how, [lucy.marshall@utas.edu.au](mailto:lucy.marshall@utas.edu.au).

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

## GOLD - Growing Older Living Dangerously!

Experience the power of GOLD 2009!

GOLD is free, heaps of fun and will definitely keep you moving! The annual GOLD program is specifically designed for older adults to experience the numerous physical activity opportunities that are available in our community.

Numbers are limited to 20 participants per session. For further information or to register, call Launceston City Council on 6323 3613.

What's on...

WHAT: Bike Riding  
WHEN: 10.00am Wednesday 4th March

WHAT: Horse Riding  
WHEN: 10.00am Wednesday 1st April

WHAT: Swimming and Stroke Development  
WHEN: 10.00am Wednesday 6th May

WHAT: Dancing

**Advertising Space Available on the Active Launceston Website**

WHY ADVERTISE WITH US:

The Active Launceston website is utilised by community members, sporting groups, fitness professionals, government agencies and not for profit community organisations that all have an interest in physical activity. The website is a 'one stop shop' for physical activity information, events and referrals. Advertising with Active Launceston will bring great dividends to your business. Your advertisement can be a link to your business website.

COST:  
\$300 Flat rate for 6 months. This may be reviewed throughout the project.

ARE YOU ELIGIBLE TO ADVERTISE WITH US?

Active Launceston will accept advertising proposals from;

- Medical practitioners,
- Allied health practitioners,
- Retail outlets that sell

WHEN: 10.00am Wednesday 3rd June

WHAT: Yoga

WHEN: 10.00am Wednesday 1st July

WHAT: Kick Boxing

WHEN: 10.00am Wednesday 5th August

WHAT: Outdoor Circuit

WHEN: 10.00am Wednesday 2nd September

And for Seniors' Week...

WHAT: Aqua Fitness

WHEN: 10.00am Wednesday 7th October

[View the GOLD poster here.](#)

sporting and physical activity equipment and/or clothing i.e. sports shops, bike shops etc.  
- Other individuals and/or business that promote or support the goal of Active Launceston.

View the [Advertising Rate Card](#) for more information.

## Sports Medicine Australia Level 1 Sports Trainer Courses & Re-Accreditation

### Level 1 Sports Trainer Courses

Launceston

Sunday 15th & Sunday 22nd March

9:00am - 5:00pm both days

Venue: Aurora Stadium,

6 Invermay Road, York Park, Launceston

Course number: T30903

Cost: \$185

### Re-Accreditation Courses

Launceston

Saturday 21st February

2:30pm - 4:00pm

Silverdome,

55 Oakden Road, Prospect

Course number: T30901R

Cost: \$90

Please contact Sports Medicine Australia if you require any further information regarding any of these courses:

Sports Medicine Australia:

Phone 03 9674 8777

Email [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au)

## Public Lecture

### Professor Jan Gehl Public Lecture - Launceston

For more than three decades Jan Gehl, a practicing Urban Design Consultant and Professor of Urban Design at the School of Architecture in Copenhagen, Denmark, has been part of an effort to create animated public spaces and to transform the roadways of Copenhagen into pedestrian and bicycle friendly streets, while still providing for the car. He has advised numerous other European cities, worked extensively in Melbourne, Australia, and is now

helping the city of New York create new public spaces, "shared streets" and bicycle strategies. As Tasmanian cities explore similar initiatives, what are the lessons from other world cities?

School of Architecture & Design, Inveresk, Launceston.  
Thursday, 26 February 2009 at 4:00 PM

<http://www.utasalumni.org.au/> <http://www.utasalumni.org.au/>

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