

How to sign up for Active Launceston

You can register for Active Launceston in three ways:

- 1 Complete a paper based form at the session **or**
- 2 Register online at <http://www.healthytasmania.com.au/Registration> **or**
- 3 Fill in your details just ONCE by downloading the "I'm In" by Healthy Tasmania phone app available on iOS and Android. Then simply bring your phone along to a session and scan the QR code on your phone with the session coordinator's phone (NOTE: If you already have the app, please check you have the most recent update). Also be sure to check your junk mail for email verification.



Contact information

0438 386 025

General information

- Wear comfortable clothing
- Arrive 15 minutes early
- Bring a drink bottle

Project management by



**HEALTHY
TASMANIA**

www.healthytasmania.com.au



Move More, Live More!

www.activelaunceston.com.au

Active
LAUNCESTON

 City of
LAUNCESTON



**FREE sessions & we
are back at City Park!**

To ensure the safety of yourself and others, please do not attend this program if you:

- have COVID-19
- have been instructed to quarantine and your 14 days are not yet finished
- are unwell, including with fever (or night sweats/chills) or respiratory symptoms, e.g. shortness of breath, cough, sore throat.

www.activelaunceston.com.au

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 @ALaunceston

 @activelaunceston

 Active Launceston

Spring 2020

INITIATIVE	WHO	WHAT	WHEN	TIME	DATES	LOCATION
Active Armchairs	Adults	Low impact activities designed for those who are currently doing little or no physical activity. Active Armchairs is based around exercises so easy they can be done in your armchair at home.	Wednesdays	11.15am - 12.00pm (45 minutes)	14 October - 2 December (8 weeks)	Northern Suburbs Community Centre 49 George Town Road, Newnham
Active Parks: Yoga	All	Mindful movement designed to improve strength, flexibility, posture & balance.	Wednesdays	6.00 - 7.00pm (60 minutes)	14 October - 2 December (8 weeks)	City Park (near duck pond)
Active Online: Tai Chi	Adults	Gentle flowing movements which help to improve balance and strengthen body and mind. These sessions will be recorded on Facebook Live. To access, visit our Facebook page and watch in the comfort of your own home on your phone, tablet and computer.	Saturdays	12.30 - 1.15pm (45 minutes)	17 October - 5 December (8 weeks)	Join in online at https://www.facebook.com/ActiveLaunceston/

Active Launceston is a community driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity.

SUMMER 2021

INITIATIVE	WHO	WHAT	WHEN	TIME	DATES	LOCATION
Active Parks: Yoga	All	Mindful movement designed to improve strength, flexibility, posture & balance.	Wednesdays	6.00 - 7.00pm (60 minutes)	3 February - 31 March (8 weeks) *no session Launceston Cup Day 24 Feb	City Park (near duck pond)
Active Armchairs	Adults	Low impact activities designed for those who are currently doing little or no physical activity. Active Armchairs is based around exercises so easy they can be done in your armchair at home.	Thursdays	10.45 - 11.30am (45 minutes)	4 February - 25 March (8 weeks)	Starting Point Neighbourhood House, Prossers Forest Road, Ravenswood
Active Online: Tai Chi	Adults	Gentle flowing movements which help to improve balance and strengthen body and mind. These sessions will be recorded on Facebook Live. To access, visit our Facebook page and watch in the comfort of your own home on your phone, tablet and computer.	Saturdays	12.30 - 1.15pm (45 minutes)	6 February - 27 March (8 weeks)	Join in online at https://www.facebook.com/ActiveLaunceston/

Active Launceston's mission is to mobilise the community to increase their participation in physical activity by; filling gaps in provision, creating pathways, reducing barriers and targeting those with the highest need. For more information on any of the initiatives listed above please visit www.activelaunceston.com.au

