

# Spring 2019 Schedule




Healthy George Town is a partnership project that mobilises the community to increase their participation in healthy lifestyle activities by filling gaps in provision, creating pathways, reducing barriers, and targeting those with the highest needs. For more information on any of the initiatives listed below please visit:

[www.georgetown.tas.gov.au/healthy-georgetown](http://www.georgetown.tas.gov.au/healthy-georgetown)



[@healthygeorgetown](https://www.instagram.com/healthygeorgetown)



WHAT	WHO	WHEN	WHERE	TIME
<p><b>Healthy Armchairs</b></p> <p>Low impact activities designed for anyone doing little or no physical activity, includes a variety of exercises that can be done in your armchair at home.</p>	Adults	Thursday 10 <sup>th</sup> October to Thursday 28 <sup>th</sup> November	10 <sup>th</sup> October– Graham Fairless Centre. All other sessions Memorial Hall	10.30am to 11.30am
<p><b>Healthy Parks</b></p> <p>Get fit and active for summer in a fun and social group environment. Join Damon and Kylie in Regent Square for some fun activities that will set you on the road for increased fitness and wellbeing.</p>	Adults	Thursday 10 <sup>th</sup> October to Thursday 28 <sup>th</sup> November	Regent Square, Macquarie Street	6.00pm to 7.00pm
<p><b>Healthy Dance</b></p> <p>Low Impact Jazzercise style dance designed for men and women of all ages who are currently doing little or no physical activities.</p>	Adults	Monday 14 <sup>th</sup> October to Monday 2 <sup>nd</sup> December	Regent Square, Macquarie Street	10.00am to 11.00am
<p><b>Healthy Heads</b></p> <p>Healthy Heads will deliver 8 different sessions for young people aged between 17 &amp; 25. Sessions will include topics such as Sleeping Well, Physical activity for wellbeing, Communicating with confidence, Mindfulness and relaxation, Understanding and accepting myself, Understanding my anger, Understanding my feelings, Healthy thinking</p>	17 to 25 year olds	Monday 14 <sup>th</sup> October to Monday 2 <sup>nd</sup> December	Community Hub, 12 Elizabeth Street	10.30am to 12 noon
<p><b>Healthy Seniors</b></p> <p>Low impact exercises designed for seniors in the community who want to increase their fitness in a group environment.</p>	Seniors	Wednesday 16 <sup>th</sup> October to Wednesday 4 <sup>th</sup> December	Memorial Hall, Macquarie Street	10.30am to 11.30am
<p><b>Healthy Yoga</b></p> <p>Parents and Bubs are invited to these interactive yoga sessions. Healthy Yoga creates balance between strength and flexibility in developing bodies, so they can grow strong and maintain the flexibility they were born with – bring a yoga mat, beach towel or picnic rug.</p>	Parents & Bubs	Friday 18 <sup>th</sup> October to Friday 6 <sup>th</sup> December	Community Hub, 12 Elizabeth Street	10.00am to 11.00am
<p><b>Healthy Paddle</b></p> <p>These sessions will provide an introduction into paddle boarding. Equipment provided. Every participant must be able to swim 20m unaided.</p>	8 years & above. Under 15 year olds must be with an adult.	Sunday 20 <sup>th</sup> October to Sunday 8 <sup>th</sup> December	Lagoon Beach, Low Head	2pm to 3pm 8 to 12 years  3pm to 4pm 13 years & above

For full details on the Healthy George Town Spring Program, and information on our Endorsed Partner program in the community, visit the Healthy George Town website:

[www.georgetown.tas.gov.au/healthy-georgetown](http://www.georgetown.tas.gov.au/healthy-georgetown)

## How to sign up for Healthy George Town

You can register for Healthy George Town in three ways:

- 1 Complete a paper-based form at the session; or
- 2 Register online at: [healthytasmania.com.au/Registration](http://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 to a session and scan the QR code on your phone with the session coordinator’s phone.

