Healthy George Town



HEALTHY SENIORS AQUA THERAPY

PROGRAM PARTNER

Monday's 26th of July to 30th of August | 4:00pm to 4:45pm

@ Port Dalrymple Indoor School Pool, George Town

FREE 6 Week Program!

Low impact aqua therapy classes designed for those that are in need, are water confident and do not need assistance in the water. Taken by a qualified physiotherapist. *BOOKINGS ARE ESSENTIAL* Secure your spot by clicking going on each individual session on the I'm In application. Via the link provided: https://iminconnect.com/App/Programs

OTHER INFORMATION

Please wear comfortable clothing, bring a drink bottle/towel and arrive 15 min before the start time. Come to one or come to them all!

CONTACT DETAILS

Dalene Nel

magdalenanel@bigpond.com

03 6382 2170



HOW TO REGISTER

Just turn up on the day to participate or pre-register today via one of the options below:

1. Complete a paper-based form at the session OR
2. Register online at: 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.

Healthy George Town | healthy Tasmania A Tasmanian Government and Community Partnership | CAPE HOPE FOUNDATION | SUPPORTED BY Tasmanian Government

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