



# HEALTHY ARMCHAIRS

**FREE 8 WEEK PROGRAM**

## HEALTHY ARMCHAIRS

Thur 20 Feb to Thur 9 April | 10.30am – 11.30am

@ George Town Memorial Hall, Macquarie Street, George Town

PROGRAM PARTNER



### FREE 8 Week Program !

FREE Low impact activities designed for anyone doing little or no physical activity. Healthy Armchairs will include a variety of exercises that can be done in your armchair at home.

### OTHER INFORMATION

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

### CONTACT DETAILS

Kylie Moore  
sherriffitness@yahoo.com  
0427560034



### 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/](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.