Lived experience of mental ill-health?

Want to get fit and feel healthier?

Join **Up and About**
a new **FREE** exercise group

Designed to help you get up and get moving!

- Small group exercise classes in a private gym facility
- Instructor led classes which are for ALL fitness levels
- FitBit to use to track your activity levels
- You can bring along a family member or friend to the session
- All we need is a completed referral form from yourself or your case manager

Rosny: Thursdays at 12pm at Leap Physio, 17 Bayfield St

Glenorchy: Thursdays at 1:30pm at YMCA, 5 Constance Ave

Huonville: commencing Wednesday 28 October at 1pm at PCYC, Wilmot Rd

Please contact:

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richmond fellowship tasmania

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