Lived experience of mental illness?

Want to get fit and feel healthier?

Join **Just Move**

A new exercise group for NDIS participants & Tasmanian's experiencing mental illness.

Designed to help you get up & get moving!

- Small group exercise classes in a private gym facility
- Instructor led classes which are for ALL fitness 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 Support Coordinator

Launceston:

Starting Jan 12th. Tuesdays at 1pm at Physio Fit, 305 Wellington Street

Please contact:

Nadia: nadiac@rftas.org.au | 0439 952 252

richmond fellowship tasmania

v3.0 - December 2020