With Active Physiotherapy Mackay's Program

Active Physio in conjunction with Northern Queensland Primary Health Network (NQPHN) are running **8 week programs** for ATSICHS Youth (18 and under) and ATSICHS Ladies.

These classes will promote healthy lifestyles by encouraging structured exercise, incorporating movement into daily living, and giving participants the knowledge to perform exercise safely.

FREE

CLASS INFORMATION

ATSICHS Youth Location: Blue Water Quay, River Street
Dates: Every Monday from 22 July to 9 September 2019
Time: 7:30am - 8:15am
(Must be 18 or under)

ATSICHS Ladies Location: ATSICHS
31-33 Vicotria Street, Mackay
Dates: Every Wednesday from 17 July to 4 September 2019
Time: 10:30am - 11:15am

Classes will be 45 minutes duration, water and fresh fruit will be provided. We request participants make themselves available for the 8 week duration. A health screening questionnaire will be required before commencing and possibly GP clearance to exercise.

Classes will fill quickly so please call Active Physiotherapy Mackay on **4953 3557** to secure your spot.

Active Physiotherapy Mackay

phn NORTHERN QUEENSLAND
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