



Get Active in Sarina

With Active Physiotherapy Mackay's Program

Active Physio in conjunction with Northern Queensland Primary Health Network (NQPHN) are running a 8 week program for Youths that are 10 - 18 years old.

The classes will run every Thursday for 8 weeks. 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

Location: Sarina Youth Centre
Cnr of Broad and Anzac Streets, Sarina

Dates: Every Thursday from 6 February to 26 March 2020

Time: 4:00pm - 4:45pm

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.