



Womensport&recreationTasmaniaInc



# Get Active Program

## Facilitator Training Course

WOMENSPORT & RECREATION TASMANIA INC.  
ARE OFFERING TRAINING FOR NEW GAP FACILITATORS

Are you passionate about preventative health and would like the opportunity to:

- Promote health & wellbeing
- Offer tools to address the barriers that prevent participation in physical activity
- Help to increase the confidence of people in your community
- Build community capacity
- Encourage the benefits of making new friends and support networks

If so, the Get Active Program could be perfect for you and your organisation.

2025 Northern Tasmania Training Session

**NEXT TRAINING WORKSHOP**

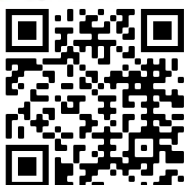
**COMING SOON!**

Time: 10am – 3pm

COST: \$120 (discounts available please ask)

Morning Tea & Lunch Provided

Contact Leez for more information or to book your spot -  
[gap@wsrt.org.au](mailto:gap@wsrt.org.au) or 0427 933 312



The Get Active Program (GAP) is a statewide initiative that promotes involvement in physical activity and supports participants to improve their health and wellbeing. GAP is proudly owned by Womensport and Recreation Tasmania Inc and is delivered with the support from the Department of Health & Human Services Tasmania and in partnership with many organisations across the state.

Contact the Get Active Program: [gap@wsrt.org.au](mailto:gap@wsrt.org.au)  
or visit [www.wsrt.org.au](http://www.wsrt.org.au)

