



Diabetes
T A S M A N I A

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page 1 of 1

media alert

Diabetes TASMANIA announces the Get Active program.

Diabetes TASMANIA is conducting the Get Active programme in Launceston to assist people in finding ways to get physically active.

The program, which is funded by Womensport and Recreation Tasmania Inc, is designed to overcome the reluctance some people may feel about exercise.

Caroline Wells, CEO of Diabetes TASMANIA, said that the Get Active program offers people the opportunity to try different forms of physical activity in a friendly, non threatening environment. "There are many reasons for people to feel reluctant to try new forms of exercise" Ms Wells said. "A major one is the fear of trying something new in front of other people. This program allows participants to try various activities with professional coaches, who will offer both encouragement and advice on how to get the most out of the activity" Ms Wells said.

Sue Cullimore, Office Manager of Diabetes TASMANIA's Launceston office and the facilitator of the Get Active program, says that the program will have a relaxed and informal atmosphere. "The focus is definitely on presenting a quality and fun experience for all participants. We would love this program to provide those who attend with a starting point to get more physically active and to improve their levels of personal fitness" Sue said.

The Get Active program will run every Wednesday for ten weeks from 13 May 2009 from 12.30pm to 3.00pm. There is no charge to attend the course but places are limited and bookings are essential. People interested in participating in the Get Active program should phone Diabetes TASMANIA on 1300 136 588.

For further information please contact:

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