

Be Active – Find Your Why

Coaching Session

Learn how to use our *'Be Active – Find Your Why'* postcards for both yourself and those that you might wish to encourage / support to be more active.

One of the aims of this project is to harness the power of personal invitation. Not only do you have the opportunity to motivate yourself but also to help someone else do the same. You can do this by giving them their own postcard and encouraging them to think about why they would like to move a little more!

In this FREE session, we'll discuss how you might go about this and welcome your suggestions and ideas.

Eg You can support others by inviting them to walk, joining a movement class together, or offering to accompany them in trying activities they're interested in at their comfort level...



Date: Monday 16 October 2023

Time: 10am to 11.30am

Location: Jack Young Centre

(Sunset Room) 2 Orange Ave, Salisbury

Bookings Essential : 8406 8525

For more information on how you or someone you know can get involved, visit:

www.salisbury.sa.gov.au/why

