

Be Active – Find Your Why

Let us help you *‘Find Your Why’*

Coaching session

Printed postcards now available at our senior centres - grab yours and an extra one!
(Or... we can send two out to you.)

Why two? One aim of this project is to harness the power of personal invitation.

It's an opportunity to motivate yourself and 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!

You can also support them by inviting them for a walk, getting them joining you at a movement class or letting them know you would be happy to come with them to an activity they would like to try at the level suitable for them.

Like some help to be able to do this? Attend a FREE *‘Be Active – Find Your Why’* Coaching session.



Date: Monday 14 August 2023

Time: 10am to 11.30am

Where: Jack Young Centre Sun Room

2 Orange Ave Salisbury

Bookings: 8406 8525

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

www.salisbury.sa.gov.au/why

