



Active Schools

Are you looking for creative ways to support your staff, students and their families to live healthy lives?

Would you like to support your school to create pathways to healthy lifestyle options in the community?

Can we support your whole of school approach to health and wellbeing?

In 2015 the Active Tasmania health promotion initiative is keen to work with your school to increase the awareness of the importance of individual and community health and wellbeing.

Sessions can be designed to complement curriculum and other community initiatives such as *Move Well Eat Well*.

Contact us today to discuss the many options for active and healthy lifestyle programs.

Project management charges will apply.

For more information

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Through the Active Tasmania health-promotion initiative, the University seeks to partner with others to improve the health and wellbeing of communities through a capacity building process. Based on the success of the original project, Active Launceston (2008), and utilising the resources and knowledge base of the University, Active Tasmania provides consultancies, resources, and event and project management for organisations and communities. Active Tasmania currently includes; cross-sectional community-wide programs, workplace health and wellbeing initiatives, undergraduate units and post-graduate research.

Active Tasmania provides a number of community engagement, leadership, research and teaching outcomes for the University, and the communities in which it serves. Active Tasmania enjoys support from across the faculties and regional jurisdictions of the University with staff and students from a variety of disciplines providing specialised input.