

GO ACTIVE 2 WORK



CENTRAL COAST

GO ACTIVE TO WORK DAY

THIRD WEDNESDAY EVERY MONTH!

A day for all Central Coast residents
to join in a cycle or walk to work
. . . all or part of the way.

Cycling, walking & catching public transport to work (using 'active transport') is
good for you, your workplace, our region & our planet.

REGISTER FREE to receive:

Go Active 2 Work merchandise and monthly e-newsletter
(including GA2W Day reminder, info on all things 'active transport'
and chances to win prizes.)

Register at: www.healthpromotion.com.au

Further info: Central Coast Health Promotion Service

P 4320 9700

E: GA2W@healthpromotion.com.au

MORE WORKERS, MORE ACTIVE, MORE OFTEN!

AN INITIATIVE OF:



Health
Central Coast
Local Health District

SUPPORTED BY:

