



GO ACTIVE² WORK

CENTRAL COAST GO ACTIVE TO WORK DAY

THIRD WEDNESDAY EVERY MONTH!



Health
Central Coast
Local Health District

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)

To register: www.healthpromotion.com.au/go-active2work

Further info: Central Coast Health Promotion Service

P 4320 9700

E: GA2W@healthpromotion.com.au

MORE WORKERS, MORE ACTIVE, MORE OFTEN!