



Fit & Active Group

Ulladulla Program of Supports

Come along and get fit and active in the great outdoors! No two weeks will be the same as you learn new and exciting ways of keeping fit. Build friendships and learn new skills in this fun program where you can exercise at your own pace. Enjoy a morning out in nature and develop your fitness in a fun and supportive environment. Register your spot now!

When: Saturdays (fortnightly)



Pick-ups

- Pick-up and drop-off provided

Time: 9.00am to 1.00pm



Equipment

- Bring a water bottle & sun-screen
- Wear comfortable walking shoes

Where: Various locations



Program costs

- NDIS funding - Group rates

For further details please contact the HCS team:

(02) 4455 4799