

# Contact Us

We are now an outreach organisation but contact us via:

Email: [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

Web: [www.hub4health.org.au](http://www.hub4health.org.au)



## Gentle Tai Chi for Seniors:

Every Tuesday from 8:30am at St Helens Tennis Club. Gold coin donation  
Contact Somkid via email [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

## Launceston Chiropractic

Gareth is now visiting St Helens on Thursdays  
For appointments at Hub4Health  
T: 6331 8898

## Rural Psychology

### Sam Sturmer

Rural psychological services with a mental health accredited social workers. Visiting St Marys and St Helens.  
Please call Tess Crawley and Associates for appointments on 6331 057

## Hub4Health Walking Group

The walking group meet on Wednesdays every week 9am at Hub4Health St Helens and monthly on Saturdays to bush walk in our local area.

Participants over 55 years are invited to join this free program

**To Join the Walking Group or find out more information on the upcoming walks then please email [admin@hub4health.org.au](mailto:admin@hub4health.org.au)**

**St Mary's Gym**  
Thursday, 9<sup>th</sup> January, 10.30am

**Curves** IS COMING TO YOUR TOWN  
FREE Roadshow from 3<sup>rd</sup> to 14<sup>th</sup> January

*One Great Brand*

TWO INCREDIBLE WAYS TO GET STRONGER

- Exercise & Personalisation at St. Marys
- One on One Health Coaching & Assessment
- Safe & Effective Machine Based Fitness for Seniors
- Supportive Demonstration
- Travels of Seniors Choice
- Local Curves Specialist
- Developed by Curves Program Experts
- Let's Curves Calorie Revolution 2019-20
- New Curves Members Welcome
- Available for Seniors in our New Fitness Studio
- Safe & High Quality Technical Based Workout

Call Eve @ Curves Launceston 03 6334 3633

Eve Boizenelle will be demonstrating and answering questions. The owner of Curves for 15 years - Qualified Personal Trainer, Nutrition, Kinesiology and strength coach. **WORKOUT FROM HOME** with ongoing support from our Launceston based FULLY QUALIFIED CURVES COACHES.

Experience the workout firsthand as we demonstrate the benefits & safety aspects of resistance training.

## Active4Life Community Gym St Helens & St Marys Fitness Recovery Classes

Hub4Health are offering fitness recovery classes at the St Helens Tennis Clubrooms on Monday and Thursday mornings at St Marys on Tuesdays. Participants can access guidance & facilitation for health professional-prescribed exercises for rehabilitation of injuries and/or chronic health conditions. Participants recommended to be assessed by an exercise physiologist or physiotherapist prior to attending.

Hub4Health would like to pay respect to the traditional and original owners of this land and to pay respect to those that have passed before us and to acknowledge today's Tasmanian Aboriginal community who are the custodians of this land.



## Hub4Health Summer 2019-2020 Update

The last few months have been busy ones for the Hub4Health Board and staff. A new committee have met and begun a review of Hub4Health services. As part of this review, the fees for the Active4Life Gym program in St Marys will increase slightly as of the 1st of January 2020. See info below for full details.

We were pleased to support the presentation by the St Marys Community Space to the Tasmanian Community Fund with a film clip by Big Shed studios, which resulted in funding of \$284,400 for a new community recreation area. This represents over 3 years of work by a dedicated group of locals, and will see a new skate park, bike riding area, swings and barbeque for all to enjoy.

Hub4Health were also able to support an application from With One Voice Break O'Day to Bendigo Bank for funding of a vocal workshop by Jane Christie- Johnson in February 2020. Thank you to Bendigo Bank for their ongoing support of all Hub4Health programs.

We look forward to seeing many of you at our school holiday program or at other Hub4Health sessions this summer. Thank you to our amazing staff and volunteers for a successful 2019. Have a safe and enjoyable holiday season, with best wishes from all of the Hub4Health team.

With One Voice Break O'Day Presents

**VOCAL WORKSHOP**  
WITH JANE CHRISTIE-JOHNSTON

DIRECTOR OF THE SING FOR YOUR LIFE! CHOIR

This event is open to people of all Ages & Skill levels.

23RD FEBRUARY 2020 11AM -4PM  
ST MARYS TOWN HALL, MAIN RD ST MARYS

\$25 Non WOV BOD members refreshments available BYO Lunch tickets sales at WOV BOD sessions or by email

Tanya: 0400 002 116  
E: [admin@hub4health.org.au](mailto:admin@hub4health.org.au) for more information

## Melbourne Cup Fundraiser

Thanks to the generous support of many community members, we were able to raise over \$300 towards the repair and maintenance of gym equipment.

A fun luncheon was had by all!



## Commonwealth Bank donation

Alice and Hannah from the St Marys Commonwealth Bank recently nominated the Active4Life Gym for a \$500 donation by the CBA. We were pleased to accept the funds to support our health and wellbeing programs.





**Hub4Health**  
Connections start here

## Summer Yoga.

St Marys Active4LifeGym (Harefield Rd)

**\$10 pp Mondays 5.15-6.30pm**  
(summer sessions start 6th Jan 2020)

Few mats available, all props provided  
Contact Katrin: 0402 315 564



## Hub4Health Active4Life Gym Membership Price Increase 2020

The Hub4Health Board of Management and staff would like to thank all gym members for their ongoing support of our programs and services. Gym membership fees have remained at the same rate for 3 years.

In an effort to keep in line with changes to the cost of service delivery there will be a small increase as of **1st January 2020**. This fee increase has been kept to a minimum and will be reviewed again in June 2020.

Members will be liable for the new fee rate upon payment of a new or renewed membership from the 1st January 2020.

Fob Fee : \$20 per fob non refundable	Fob Fee : \$20 per fob non refundable
Full member Fee	Concession member Fee
<b>1 year access: \$ 180</b>	<b>\$120 (concession/ health care card holders)</b>
<b>6 month access \$ 90</b>	<b>\$60 (concession /health</b>
<b>3 month access \$ 50</b>	<b>\$35 (concession/ health</b>

For further information on the fee changes please contact  
admin@hub4health.org.au



## WITH ONE VOICE

A NEW Community Choir

### With One Voice Break O'Day

Wednesdays, 6.00pm – 7:30pm

Where:

**NEW VENUE**

St Marys Sports Centre, Gray Rd, St Marys, TAS 7215

Conducted by:

Terese Tanner

**Supper and Good Vibes included!**

Would you like to be inspired, unleash your creative potential and improve your well-being? Then a *With One Voice* choir is for you!

There are **no auditions** and **no singing experience** is necessary. age, race, religion, disability and disadvantage fade away. Families, professionals, students, seniors, migrants, refugees... **everyone is welcome.**

*With One Voice* choirs are led by friendly and experienced conductors and meet weekly followed by supper.

Choir is a great place to find your voice, find friends, de-stress, build well-being and confidence, learn new skills and connect to your community. Participation is by tax-deductible donation.

Simply come along and you will be warmly welcomed.

[www.creativityaustralia.org.au](http://www.creativityaustralia.org.au)

(03) 8679 6088 | [withonevoice@creativityaustralia.org.au](mailto:withonevoice@creativityaustralia.org.au)



## Hub4Health Rooms For Lease

Hub4Health have rooms at St Helens and St Marys available for short or long term lease for allied health and community groups and services. Our not for profit organisation has a long held commitment to supporting and advocating for the health and wellbeing of Break O'Day residents.

We invite interested organisations to contact us directly [admin@hub4health.org.au](mailto:admin@hub4health.org.au) for further information partnership with us to improve outcomes for our community.



## St Marys Active4Life Timetable 2019 version 13.12.2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		Hub4Health Circuit Training 9.30 – 11.00am <b>Session 1</b>		Circuit training - All Welcome GROUP 1 8.30am – 10.00am	Pilates with Tani 9.30-10.30am \$10 PP	Boxercise All Welcome 8.30am – 9.30 am	
10am							
11am		Hub4Health Circuit Training 11.00 – 12.30pm <b>Session 2</b>					
12pm		M4H Fitness Recovery 12.30 – 1.30pm					
1pm		Membership & Induction Centre cleaning and maintenance 1.30pm – 2.45pm					
2pm							
3pm							
4pm	Body Pump 3:30pm – 5.00pm						
5pm	Summer Yoga 5.15-6.30pm						
6pm		Adult/Youth Boxercise 5.30 start			Strength & Fitness Everyone welcome 5.30pm start		
7pm							

Contact us  
E: [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

Or  Find us on: **facebook.**

Thanks to everyone who has supported with One Voice Break O'Day in 2019. It has been an exciting year as our new community choir has grown in numbers, ability and confidence.

Please join us at community Christmas celebrations in St Marys and Fingal. We hope to see new members in 2020!

First session 29th January 2020 St Marys Sports Centre, Gray Rd, St Marys 6-8pm.

All ages welcome

More info: [wovbod@gmail.com](mailto:wovbod@gmail.com) or check out our Facebook page



## Mini Bus For Sale

Offers welcome

Toyota Hiace Manufacture Year: 2011

Body type: BUS

Colour: White with grey trims

Automatic 12 seater, 94,000 km,

Reasonable condition

For further information  
[admin@hub4health.org.au](mailto:admin@hub4health.org.au)



## Nature Explorer

THRIVE Community Garden  
St Helens Tuesday 21st & 28th Jan 9.30-11am Free  
Families with children 0-8 years Welcome