

Active Lives

Tired of sitting on the couch?...

... then this programme is for you!

Join us in Massey to gain knowledge and develop skills in getting out and about in your community.

This programme is for disabled school leavers and young adults looking to gain independence and have fun with other like-minded individuals.

**Massey Leisure Centre, 545 Don Buck Road, Massey
(09) 833 8100**



Over 6 weeks you will learn life skills to ready you for independence and make connections with the sport and recreation industry.

Sport and Recreation is a great way to stay fit, healthy and positive in day to day life. It is also a great way to meet new people. You don't have to be currently active to participate in our sessions; it is all about giving it a go.

As you head into young adulthood there are new life challenges that you will face such as nutritious cooking, taking care of your mind, body and applying for a job. These life skill sessions will help you to do just that.

Thursdays 10.30-2.30pm

**ONLY \$20 for
6 weeks !**

Term 4 2012

November 1st - December 6th

REGISTRATION – Term 4 2012

Name: _____ Date of Birth: ___ / ___ / ___

Address: _____

Phone Numbers: _____

Name and contact phone number of your parents/caregiver:

Gender: Male Female

Service agent: _____

Registrations can be made by either posting/faxing this form to
Diane Morris, Renaissance Group, PO Box 63 001, Manukau City, Auckland 2241 Fax 09 278 0075
OR email diane.m@ren2001.co.nz

Payment of \$20 must be made on the first day of term to the co-ordinator Natalie.

Cash only please – a receipt will be issued.