

BRISBANE CITY COUNCIL
ACTIVE AND HEALTHY
LIFESTYLES



ACTIVE PARKS PROGRAM

Make it your New Years resolution to get active and healthy through participation in Brisbane City Council's Active Parks Program

PIONEER CRESCENT PARK (UBD Map 196 Ref B12), BELLBOWRIE

Tai Chi and Qigong - Learn the foundation exercises of Qigong and Tai Chi and explore all the basic essentials. Experience relaxation and improve your health and fitness with qualified professional instruction.

WHEN: Wednesdays from 19 January to 23 March 2011 (Excl. Wed 26/1)
TIME: 9.30am to 10.30am
COST: \$5 per session

BOOKER PLACE PARK (UBD Map 196 Ref J13), BELLBOWRIE

Club Link for kids (5-12 years) – Not sure what local sports club your child should join? Come along and experience a different sport each week. Physical activity level is medium and parents are encouraged to join in.

WHEN: Wednesdays from 9 February to 30 March 2011
TIME: 3.30pm to 4.30pm
COST: FREE