



**Physical Activity**  
Foundation

# THE WORKPLACE ACTIVITY WORKSHOP

A 1-HOUR WORKPLACE SEMINAR  
TALKING ABOUT BUILDING  
PHYSICAL ACTIVITY INTO YOUR  
OFFICE'S WORK DAY!

- Learn simple ways to get active at work.
- Map out what is getting in your workplace's way.
- Work as a team to make a plan to make a change in your workplace.
- Learn desk yoga!

**SINGLE SESSION \$299 INC GST**

**ANNUAL PACKAGE \$999 INC GST  
(INCLUDES FOUR SESSIONS)**

To book, email [info@paf.org.au](mailto:info@paf.org.au)

