



This Girl Can Victoria Visits Foster

South Gippsland Shire Council is pleased to welcome This Girl Can to Foster following the successful launch in Leongatha.

All women are encouraged to attend a range of free activities from 10.00am to 12.00pm at the Foster Basketball Stadium on Saturday 4 May.

Council will be joining local community activity providers and Gippsport to provide activities that are a bit different and aim to bring fun to movement. Activities range from gentle chair based activities and yoga to boxercise and high action pound drumming to get everyone moving.

Attendees are encouraged to come in comfy clothes with an attitude to give anything a go. All activities will be held indoors in case of inclement weather.

South Gippsland Shire Council's Social Planning Officer Vicki Bradley was pleased to be part of the project.

"If you have every wondered what some of these activities are like, this is your opportunity to try them!

"There will be a range of free classes offered in the weeks following the launch so come along and put down your name to stay in the know about sessions coming up," said Vicki.

Free activities are still on offer at Leongatha SPLASH and Milpara Community House in Korumburra and SkateFIT coming to Community College Leongatha Gym at the end of April. Visit the Gippy Girls Can website for more details at www.gippygirlscan.com

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