

SEMINAR

Are you feeling BLAH ?

*Are you sick of not having enough energy?
not sure what to eat and when?*

*How to fit some exercise in your day?
Do you want to feel fitter and healthier?*

How to feel motivated to do all of this?



Leanne Sklavenitis will share with you not-to-be-missed take home health and fitness tips that you can put into action immediately to help you and your family feel AWESOME.

Don't miss it

Bookings and details

Phone 9795 9279

1PM-2.30PM Tuesday 12 and 19 May

\$5.00 Entry per session