



Sign up now
for the next
**Community
Weight loss
Challenge**



This structured program will lead you through evening sessions of education, exercises & fun filled lessons, it's all about healthy life style & the latest of nutritional advice.

Great group support to cheer you on !
Everyone welcome - Great prizes to be won –
everyone will be a winner! One on One
assessments available - if you need to lose a
little or a lot - and want to keep it off for *ever*,
Call now! *Reg.fee : \$49 (includes samples,
hand-outs and prizes for the winners!)*
CALL NOW!

Time : 6 -7.00 pm, Mondays or Thursdays -- *Morning
program available upon request !*

Next start: 27th January & 11.February 2010

Please register with
Dorothea Bassett

0414 94 60 55 or
9364 1737

dorothea.bassett@gmail.com
www.liveandlearn.net.au

