

Healthy Weight Loss

FOR MEN & WOMEN

Extra weight around the middle makes it harder to do the things you used to do.



If your pants are getting a little tight around the waist join this 7 week program for men and women!

Commences: Tuesday 16th Feb 2010 at 5:30pm – 7:30pm – Tuesday 30th March 2010
Or
Tuesday 5th October 3pm – 5pm – Tuesday 16th Nov 2010

Cost: \$25 for entire program

Please contact:
Ballarat Community Health Centre
Ph. (03) 5338 4500

