

Ladies Come and Get Healthy



- ❖ Safe and fun exercise sessions
- ❖ Learn how to shop, prepare and cook healthy food (you help clean up too)
- ❖ Ask all your questions about health – guest speakers
- ❖ Learn more about diabetes, healthier ways of eating and exercises you can do at home
- ❖ Get fit and share some ideas and talk with others who understand
- ❖ Bring a friend
- ❖ Fortnightly on a Tuesday, starting March 5th 2019, 9am – 1pm
- ❖ Open to BRAMS female clients wanting to reduce risk of chronic disease and learn to manage their diabetes
- ❖ Free of charge

Interested? See Roseanne at BRAMS or phone Bernadette at Boab Health Services on 9192 7888

