



Looking Good and Feeling Great

Weight management, Healthy Eating, Gentle exercise and
Pamper session on week 5

Venue: Toll Bar Primary Community Room

Time: 9.30 - 11.30am

Every Tuesday

Starts: 30th September

Come along and have fun. Refreshments available and the
sessions are FREE.

I/We are interested in the Looking Good and Feeling Great
sessions.

Name_____

Telephone number_____