



MAKING A JOURNEY TO A HEALTHIER YOU, SIMPLE.

HEALTHY LIFESTYLE PROGRAM

6 sessions held over 6 months
Written, presented and tested by an Exercise
Physiologist, Dietitian & Nurse.

TUESDAY 2ND JULY 11AM-12PM
THEN FIRST TUESDAY OF THE MONTH FOLLOWING

\$25 PER SESSION,
DISCOUNTS AVAILABLE FOR ADVANCED PURCHASE.
REBATES AVAILABLE THROUGH MEDICARE (CONDITIONS APPLY)

This program will improve your health by helping you learn practical ways to manage your chronic disease.
You will learn how to balance blood sugar levels, reduce cholesterol and increase physical activity.

For more information please contact:
Jess at the Talunga Clinic 08 8568 0080
or
melanie@barossaexphys.com



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WHAT IS THE HEALTHY LIFESTYLE PROGRAM ?

6 x 1 monthly sessions
30minutes of education
30minutes of physical activity

What sets this program aside from the rest?

Your health care practitioners have aimed this program so you walk away with understanding, knowledge & confidence in your health journey. Topics include;

Topic One - Your Health & Finding Motivation

Topic Two - Physical Activity for better health

Topic Three - What is Healthy Eating?

Topic Four - Nutrients

Topic Five - Label Reading

Topic Six - Exercise verses general activity

Rebates available for Type II Diabetics & some private health funds.