



Tips from an expert

Making healthy choices easy!

Health & Nutrition For Wellbeing

Thursdays - Feb 03, 10, 17, 24, March 03, 10
1:00-2:00pm

Create your own vision board to achieve your wellness and nutrition goals

Having balance in life, including food, exercise, work-life and mindset, is vital for overall wellbeing.

A fun way to find this balance is by creating your own **vision board** - your vision of a healthy balance!

Learn how to achieve a healthy balance with Wellness and Nutrition Coach, Julie Overell in this series of workshops. Attend one, attend them all - it's up to you!

Location: Casuarina Library Community Room, 17 Bradshaw Terrace

Cost: \$10 - first session, \$5 - each additional session

Contact: Julie - Health For Life Management

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Bookings Essential!



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