



BYO mat,
towel &
a water
bottle

Mummy Movers

Healthy Mum Healthy Life Program
Mondays 10:00-11:00am

Healthy Habits aimed at the whole family.

This program includes information on leading a healthy and active lifestyle and creating healthy habits for the whole family.

A new program this Dry Season, aimed at new mums, mums wanting some nutrition and exercise tips, and mums who have had gestational diabetes.

Location: Healthy Living NT, 2 Tiwi Place, Tiwi

Cost: \$5 per person

Bookings required!

Contact: Jodie - hpm@healthylivingnt.org.au

or 8927 8488

Make new
friends
while you
get fit!

healthy living NT



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