DROUGHT RELIEF SPRING CHALLENGE

- EMBRACE WELLNESS THIS SPRING -

6 WEEK CHALLENGE: OCTOBER 1ST TO NOVEMBER 11TH

• Lifestyle assessment
• Health and fitness goal setting
• Weekly accountability tool
• 6 weeks of motivational support
• Comprehensive online health application platform
• Nutritional support – Tailored meal plans
• Exercise programs – Personal gym and home program
• Start 2 Finish 5km run program

Get your friends together and sign up now.

REGISTER BY OCTOBER 1ST - WWW.BALANCE365.COM.AU
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