

Do you have **high blood pressure, high cholesterol or type 2 diabetes?**

Black Swan Health's Health and Wellness program could be for you!

YOU WILL LEARN ABOUT



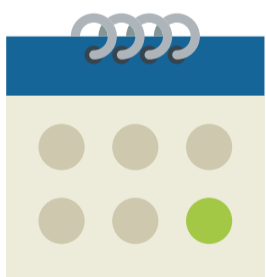
PROTECTING YOUR HEART



EATING HEALTHY



MANAGING YOUR WEIGHT



GOAL SETTING



PHYSICAL ACTIVITY

Call 9201 0044 to kickstart your health!

9201 0044 | www.blackswanhealth.com.au
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BLACK SWAN
HEALTH LTD