

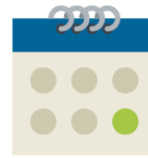


BLACK SWAN  
HEALTH LTD

FREE 5 WEEK PROGRAM

## Health and Wellness Program

**Suitable for anyone interested in maintaining good health,  
especially those at risk of lifestyle diseases  
such as obesity, diabetes & heart disease**



### What is covered in the Healthy Lifestyle Program?

This free 5-week group education course is led by a Black Swan Health Dietitian. It is an interactive presentation and offers plenty of opportunities to ask questions about your health.

The course covers many health-related topics, including:

- Making and implementing changes to promote a healthier lifestyle
- Healthy eating and managing health issues
- Physical activity including benefits and recommendations
- Protecting your heart, lifestyle disease management and prevention
- Weight management

**Time:** 1.30 pm to 2.30 pm

**Day:** Tuesday

**Dates:** 12 March, 19 March, 26 March, 2 April and 9 April 2019

**Location:** Black Swan Health, Suite 19, 53 The Crescent, Midland (entrance on Sayer St)

**Register:** Call our Health & Wellness Team on 9201 0044 (option 1, then 3) or register online at [www.blackswanhealth.com.au](http://www.blackswanhealth.com.au)

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