

# The 12 Week Healthy Ageing Program

We invite you to join us on a 12 Week Journey ... designed to motivate, stimulate, educate, meet new friends and best of all at the end discover a new you.

The 12 Weeks takes you through:

- Healthy Eating •Yoga
- Motivational Group Hypnosis
- Massage •Brain Training
- Chronic Disease Awareness
- Meditation •Exercise Physiologist

**Call us today on  
1300 309 599**

To Register your Interest as limited spaces available  
or

For more information on this fantastic event  
**Where: The Loftus Community Centre 99 Loftus St  
Leederville**

**When: Commencing Friday 29<sup>th</sup> May 2015  
@ 11:00 AM**

Presented by All About A Healthy You  
in partnership with The Loftus Community Centre



All About A Healthy You  
Primary Health Care Clinic  
And Wellness Centre North Perth  
[www.allaboutahealthy.com.au](http://www.allaboutahealthy.com.au)

