

MINDWORKS

Healthy Mind:

Help people to be in control of their lives- sometimes day to day pressures can affect how we feel and the way we think. This can affect us in many ways, even affect our chronic conditions. We can help you regain control Call today!

FREE

Fortnightly
visiting service



Some examples of Who can we HELP?

Those who are struggling with...

HEART DISEASE

ASTHMA

ARTHRITIS

MOTIVATION PAIN

ANXIETY

WEIGHT LOSS DIABETES

SMOKING

CCF PHOBIAS

FEAR

CHOLESTEROL



ALL ABOUT A
Healthy
you

All Referrals Via Phone or Email
Call on **1300 309 599** or email
www.allaboutahealthyou.com.au