



NICHOLSON
HEALTH &
WELLNESS

6 WEEK PROGRAM FOR \$79

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

PHONE: (03) 9826 2122 EMAIL: INFO@SYSSM.COM.AU

A FUNDRAISER INITIATIVE SUPPORTING AUSSIE FARMERS

BALANCE
— 3 6 5 —