P4 MOVEMENT

CHRONIC DISEASE PREVENTION PROGRAM

8 OR 4 WEEK PROGRAM - FREE

This 8 or 4 week group program is designed specifically to help manage early stage health conditions, to avoid longer term chronic disease.

PROGRAM OUTLINE

- 8 x 1 hr sessions or 4 x 2 hr sessions
- Exercise Physiology & Dietetic led
- 100% Government funded
- 2 x Body Composition Scans

MORE INFORMATION

1300 306 939

www.p4movement.com.au

65-69 Keira St, Wollongong

This program is funded by:

COORDINARE

phn SOUTH EASTERN NSW

An Australian Government Initiative