



# BE HEALTHY & GET ACTIVE PROGRAM

## Round 2

Join us at SWIRL to experience the different physical activities on offer and learn health tips along the 10- week journey

### Program Highlights

Personal goal setting ✓

Nutrition ✓

Body positivity ✓

Fun physical activities ✓



### Register Now



Thursday evenings  
30 Apr - 2 July 2026 at 5.20pm



SWIRL- 114 Nelson Street,  
SMITHTON



**FREE PROGRAM**



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