

# Tackling Tobacco Tuesday

Healthy Lifestyle  
Program

- ◆ Drop in from 9am til 4pm to have a yarn
- ◆ Free informal support, if you are thinking about giving up the smokes
- ◆ Includes information on NRT, stress & relaxation & diet
- ◆ For community members run by community members

Just drop in, the kettle is always on!

Call the Team on 63345721 for more info

[www.wontcrushus.com](http://www.wontcrushus.com)

# Spring

Healthy Lifestyle  
Program

# into Summer

- ◆ 12 week program targeting people who want to become physically active
- ◆ 45 minute sessions Monday 12:30pm & Thursdays 5:30pm at Royal Park
- ◆ Program will include walking, circuit training, outdoor gym and boxing all at your own pace
- ◆ Nutrition advice will be provided
- ◆ Call the Team on 63345721 for more info and to register for the program. Transport available