

HEALTHY BALANCE

Cooking lesson & Stretch Class



Did you know that 80% of Australian Women are suffering from fatigue?

Weight gain, mood swings, food cravings and insomnia are just some of the signs that you are overloading your body.



Join **Simply Sumptuous Food** and **Fit Space** on Sunday, July 12th to:

1. Try a 45-minute stretch & strengthen class that will leave you refreshed and relaxed
2. Learn how to monitor *all* of the stressors in your life, notice how they affect you and take steps to reduce them
3. Learn how to prepare simple, healthy food
4. Relax and eat the great food you've prepared!

Details

Date Sunday, July 12th

Time 9:30am – 12:30pm

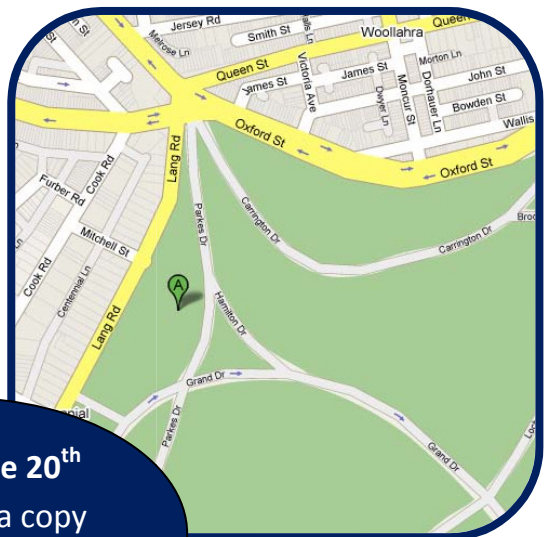
Venue Centennial Park, see map

Note: We have a wet weather alternative in Bondi Junction

Cost \$99 each or \$160 for 2 people

To register, e-mail info@fitspacetraining.com.au by

Thursday July 9th



Book by **June 20th**
and receive a copy
of **Eating to Improve
your Health. FREE!**

Georgina White runs **Simply Sumptuous Food**, a cooking school based in Manly. She is passionate about great tasting 'real food' and sharing ways in which to help others create and enjoy delicious meals as part of their everyday lives.



Gretchen Hodgkiss, of **Fit Space**, provides outdoor training for groups and individuals. She aims to change the habits of her clients so they can enjoy health & happiness for life. She has also had great success implementing the Stretch & Strengthen program in Sydney businesses.

