



A lifestyle—based Fat Loss System



Are you or someone you know, looking for a healthy way to lose those extra cm's and go down a few dress sizes? With this healthy eating lifestyle plan, not only will you see the fat loss but you also feel better and more confident!

To find out more join us either:

Saturday 2nd May 10.15am (after Zumba) or

Tuesday 5th May 7pm

for about 45mins. There is no obligation and no cost to attend.

RSVP to reserve your place:

Mandakini : 0414 630 163 and

Sonja: 0414 231 994



DAY 1

WEEK 5

Wellers Hill Bowls Club

34 Esher St, Tarragindi QLD 4121