

Healthy Exercise Workshop

Do you want a balanced, personalized exercise program designed by a physiotherapist to suit your body and achieve your goals?

Do you want to learn how to:

- look after your heart, prevent osteoporosis, exercise smarter and feel better?
- measure your heart rate and use training zones to achieve your fitness goals?
- Plan a healthy diet and maintain motivation?

Then join us for the 1 day Healthy Exercise Workshop!

The workshop will be conducted by;

Natasha O'Brien (Principal Physiotherapist CORE Gymball)

Claire Sobolewski (CORE Gymball physiotherapist)

Alex McClelland (Dietitian, St George Hospital and Miranda Clinic)

Workshop Dates; Choose from -

- Saturday 13th March 2010, 10.30am – 3pm
- Saturday 5th June, 10.30am—3 pm
- Saturday 11th September, 10.30am—3pm

Cost; \$100 for the workshop and a healthy lunch.

Receipts will be given for your health fund for an initial physiotherapy consultation.

The day will include talks, demonstrations, activities, individual consultation with the physiotherapist and planning time. The day will finish with a motivational meditation to ensure you leave motivated and ready to embrace your new exercise program.

Workshop Location: CORE Gymball studio at Menai
(Unit 18, 800-812 Old Illawarra Rd, Menai)

**Numbers strictly limited so please book ASAP:
9545 0134 or 0438 448 738, Natasha@coregymball.com**

