



## Are you ready to:



- shed a few kilos
- improve energy levels
- reduce stress
- sleep better
- say goodbye to old habits
- connect with others on a similar journey
- improve your mental wellbeing

Our group health coaching programmes support you to make small manageable changes to your daily life, resulting in big overall improvements to your health.

Come and give our four week introductory programme a try. Limited spaces available.

Next  
programme  
starts

**6 September**  
\*4 week programme\*

- Fridays
- 12:30-2pm
- Stoney Homestead
- \$95 for 4 weeks



Get in touch to book your place  
or find out more.

021 289 1940  
gina@vibrancehc.com