



Motueka Family Service Centre

Wellbeing Programme

Ready for a change?

A supportive education opportunity for individuals and families to be part of a Wellbeing programme, over 6-7 weekly sessions (2 hours)

The programme includes:



- Setting realistic goals for change - small steps or great leaps !
- How to make healthy lifestyle changes
- Adopting a positive approach for your wellbeing
- Lots of encouragement and support, in house and other organisations, to reach your own goals
- Topics include: Healthy Eating
 Managing Stress
 Physical Activity

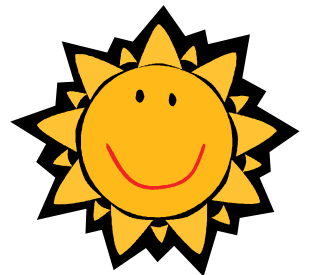
This course is for any person, with a young family, wishing to make positive Lifestyle Changes, gain further knowledge, receive support throughout the process, meet other people and **HAVE FUN!!**

The next 2 programmes start: (1) Friday 30th April morning
(2) Tuesday 25th May afternoon

Where: Motueka Family Service Centre

Cost: **FREE !!**

To register or get more information contact :
The Motueka Family Service Centre,
Phone 528 0234 or Email mfsc@xtra.co.nz



Look forward to meeting you

**IF YOU WOULD LIKE TO JOIN THIS PROGRAMME BUT CONCERNED ABOUT CHILDCARE OPTIONS,
PLEASE STILL REGISTER YOUR INTEREST WITH US!!**