




MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

EVOLVE

12 WEEK CHALLENGE

 WHETHER YOU ARE A TV JUNKIE OR COUCH POTATO, AT ONE POINT, YOU MUST START OFF SOMEWHERE, RIGHT?

When ?

Starts
30th April

Finishes
23rd July

Who ?

Limited to 20
people

Cost ?

FREE*

Whats included ?



Meal Plan Advice



Weekly Catch up & Weigh in



Individual Training Plan



Weekly Education session

Anything else ?

Bring your family, friends & colleagues to train with!*

*Group training sessions open to all MDAS clients. All participants must have had a health check in the last 9 months.

Register via:



03 5018 4100 | egeyer@mdas.org.au



TISandHLMDAS



MalleeDistrictAboriginal Services