

# Wellness Walk & Talk

Are you lacking motivation or bored with your current exercise routine?

**Socialise**  
**Get wellness tips**  
**Be more active**  
**Feel great!**



- 90 minute fortnightly sessions over 12 weeks
- Talks on a range of health topics
- Set achievable, motivating health goals
- Share experiences in a supportive group
- Enjoy a 30 minute group walk
- Only 10 places available

**\$120\* upfront (payment plan available) includes workbook**  
Plus - get a discount on 1-on-1 coaching for more personal help

**Mornington and southern Peninsula**  
**STARTING OCTOBER 2016**

**[facebook.com/events/563445017181211/](https://facebook.com/events/563445017181211/)**  
**[karen@vibrantliveswellbeing.com/0424 261 171](mailto:karen@vibrantliveswellbeing.com)**

**Karen Sprey, certified Health & Wellness Coach**  
**[www.vibrantliveswellbeing.com](http://www.vibrantliveswellbeing.com)**

\*cost will increase after this trial program

