



C'mon Strath & Districts!



Take A Free 10 Week Healthy Weight Challenge and change your life!

To register on-line and take your local 10 Week Challenge you can go to <http://moskcc.com.au> and we will post you a free Show Bag. Or you can register and pick up your free 10 Week Challenge Show Bag at the times & places below:

Strathalbyn - Sonya Stanley, Community Dietitian, Reg Sissons Day Care Centre, High St, 8393 1833, Wednesday 28 January, 9am to 1pm, and every Wednesday thereafter 9.30am-10am.

Milang - Don Chapman, Life With Gusto Project Coordinator, Milang Old School House Community Centre, Daranda Tce and Rivers Rd, 8537 0687, 0488 092 508, Mon-Fri 9am to 5pm.

Goolwa - Jeremy Bell, Be Active Field Officer, Alexandrina Council, 11 Cadell St, Goolwa, 8555 7000, Monday and Tuesdays, 9am -5pm.

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