



Free Service



**FOR INDIVIDUALS WHO EXPERIENCE MENTAL ILLNESS OR
ALCOHOL AND DRUG ISSUES**

**Would you like support to improve your
Physical Health and Motivation, and feel better?**

ORANGA NGATAHI

**Physical Health Programme
can help you!**

WE CAN OFFER

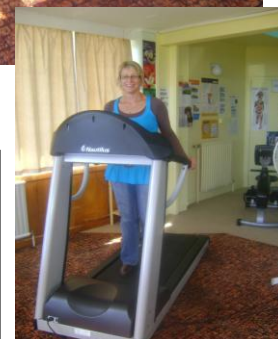
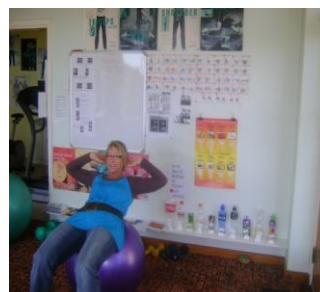
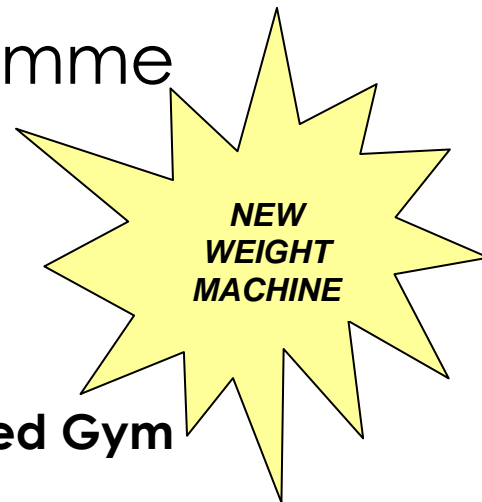
**Individual Gym
Programmes with a fully equipped Gym**

Walking and Sports Groups

**Advice around weight
reduction, diet, smoking
reduction and ways to
improve your fitness**

**Come &
try it!!**

**NEW
WEIGHT
MACHINE**



**For further information
Contact Cindy
ph: 027 2772327
or: 06 7594300**