

# JOIN IN ...GET FIT!!!

## Improve your fitness and physical health

Join the *New Moves* program on Saturday mornings for fun physical activities and healthy eating, in a friendly supportive environment?

**new  
moves**  
healthy lifestyle program



- New Moves provides fun physical activity, healthy meals, peer support and discussion topics on healthy living.
- *New Moves* helps to improve your physical and mental well-being.
- *New Moves* provides a social, fun environment in which to improve your fitness.
- The *New Moves* team leader supports and motivates you to develop and achieve your personal goals.
- *New Moves* connects you to your community with visits to local gyms, parks, cafes and shopping centres.

- The next *New Moves* program, starts on Saturday 24<sup>th</sup> March, 10.30am-12.30pm.
- The program is held at Pioneer Clubhouse. It runs for 16 weeks.
- *New Moves* is provided at no cost to you.
- The program is open to people living on the north side of Sydney.
- Register with Kate Gill, phone 9879 2600 or email [kate.gill@sfnsw.org.au](mailto:kate.gill@sfnsw.org.au) or Katherine Owen, phone 9907 6191 or email [Katherine.owen@sfnsw.org.au](mailto:Katherine.owen@sfnsw.org.au).

Schizophrenia Fellowship  
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“Succeeding together”

