



JOIN IN ...GET FIT!!!



Improve your fitness and physical health

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

- The *Healthy Recharge* program provides fun physical activity, healthy meals, and support from peers and the team leader, to help you live a healthy lifestyle that will benefit your overall well-being.
- The *Healthy Recharge Program* helps to improve your physical and mental well-being.
- The *Healthy Recharge Program* provides a social, fun environment in which to improve your fitness.
- The team leader supports and motivates you to develop and achieve your personal goals.

- The next *Healthy Recharge* program, starts on Saturday 18th February, 10.30am-12.30pm.
- The program is held at Pioneer Clubhouse.
- *Healthy Recharge* 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 or Katherine Owen, phone 9907 6191 or email Katherine.owen@sfnsw.org.au.

Schizophrenia Fellowship
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"Succeeding together"

