

WE CAN DO IT!

8 Week Aboriginal Women's Health & Happiness Project.

**Secure your spot!
Register online:**

[www.sparkhealth.com.au/
pages/ngarrimili](http://www.sparkhealth.com.au/pages/ngarrimili)

More info:

✉ hello@sparkhealth.com.au

☎ Sarah: 0437 584 123

Physically, emotionally
& spiritually stronger
together!



Spark Health acknowledges the support of the Victorian Government.

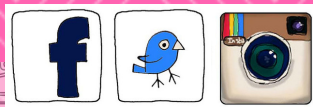


Spark Health Australia
Level 1/ 248 High Street,
Preston, 3072, Vic, Australia.
www.sparkhealth.com.au

www.facebook.com/sparkhealthaus

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www.twitter.com/sparkhealthaus



Ngarrimili goes Westside

Aboriginal Women's Health & Happiness Project in Melton.

Launching on Monday 8 October



Inspiring Aboriginal
women to harness
their strengths and
make new friends



What will you experience?

- Better mood & self-esteem
- Improved health & fitness
- Good laughs & new friends
- Stronger mob connections
- Better links to services

Every Week...



Special guests, health and well-being workshops



Group workout



Light dinner



Kids welcome

Program

Venue: Bridge Road Community Centre

When: Mondays from 6pm-8pm

WEEK 1 3,2,1 GO!
OCT 8 World, meet Ngarrimili!

WEEK 2 Double Tap Yourself
OCT 15

WEEK 3 It's What You Don't See
OCT 22

SAT 8am Ngarrimili parkrun
27 OCT

WEEK 4 Feeding Your Soul
OCT 29

WEEK 5 Girls Night In
NOV 5 Stylin' Up

SUN 3pm Women's Treaty Circle
NOV 11

WEEK 6 Deadly Duos
NOV 12

WEEK 7 Breaking Cycles
NOV 19

WEEK 8 Graduation
NOV 26 The Merindas

We'll track your changes & participation...



& you'll earn exclusive Ngarrimili merchandise!



Merch made with love from

CLOTHINGTHEGAP



Join our closed Ngarrimili Facebook group!

A safe space to start sharing recipes and inspiration, ask any questions you may have and to cheer each other on!
<https://www.facebook.com/groups/ngarrimili/members/>

You're always welcome at Ngarrimili!

It doesn't matter if you miss a week, or join us later. We'll always be happy to see your face!