

**2 Exercise Classes;
1 walk group Per
Week**

**Weekly Discussion
Groups**

**Individualised
Nutrition Plan**

**Body Composition
Measurement**

FREE

**Exercise +
Nutrition
Program**

ACTIVATE 2020

COST: Free

**Registration Day
Wed 12 Feb 2020**

at

**The Albion Centre
150-154 Albion
Street, Surry Hills**

**Join Albion's 8 week living well
program for people with HIV**

**To take part or for
further information contact:
Albion Dietitians 9332 9600.**