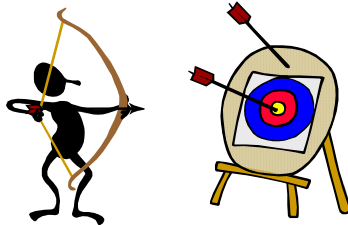


Achieving Your Goals

A 10 week program to help you reach your target

Northside Nutrition and Dietetics
Accredited Practicing Dietitians



What?

A 10-week email education program to help you in achieving your health and fitness goals

Why?

At NND we recognise that many of you have a pretty good idea of what you need to do to change improve your eating habits and activity levels. It is putting this into practice that is difficult! This course has been developed to meet this need and is based on the feedback we have received from you.

How?

Each Monday you will receive an email containing information and tasks to complete which will assist you in developing, planning and achieving your goals.

When?

Starts Monday 28th July and runs for 10 weeks

Cost?

At only \$55 for 10 weeks (\$5.50/week) this program offers great value as a tool which will help you in achieving your goals

✍

Please book me into NNDs *Achieving Your Goals* e-program for \$55 (incl GST).

Name: _____

Postal address: _____

Ph: _____ Email: _____

Payment by:

Cheque Bankcard M/C Visa

Card holder's name: _____

Card number: _____

Expiry date: ____/____

Signature: _____

Return to Northside Nutrition and Dietetics, Suite 74 Chatswood Village, 47 Neridah Street, Chatswood NSW 2067 or Fax: 9415 1446.