

Too busy to look after yourself?
There are no excuses now with the...



Health and Fitness Night

7pm, May 1st 2009 @ the Ararat Bowls Club

Ever wanted to give the gym a go but weren't quite sure what was on offer? Come and find out at the Raising Dust Health and Fitness night! A range of gym classes, available in gyms throughout Australia, will be showcased by a YMCA instructor.

East Grampians Health Service professionals will also present on topics including joint and spinal care, nutrition and preventative healthcare. Blood pressure and hearing tests will be available on the night.

Raising Dust members
\$ 25

Non-members
\$ 35

More information:
Ph. 0439 722985

RSVP before April 27th to
rsvp@raisingdust.com.au

Raising Dust is a group made up of young people who live and work in the Western and Wimmera districts of Victoria. The group was formed as an initiative to create and expand social and professional networks between young rural people.

