



## **LET'S GO 'BEYOND THE FRONT STEP'**

**WE WANT YOU TO HELP US TO HELP YOU LIVE LONGER, BE HEALTHIER AND HAVE FUN BEING MORE ACTIVE!**

**When:** Thursday 7<sup>th</sup> November 2019

**Time:** 10.30am start to be followed by a light lunch

**Where:** At Birchip Public Hall, Cumming Ave Birchip

**What:** Join in a fun, easy activity then listen to **A guest speaker (to be confirmed)** on making great life choices and what it can do for you

**Cost: FREE**

Please register (for catering purposes) by **Friday 1<sup>st</sup> November 2019** with either:  
Simone Christie (Birchip Business & Learning Centre)-Ph.0429922735

Email: [birchipblc@bigpond.com](mailto:birchipblc@bigpond.com)

Rhonda Allan (Mallee Sports Assembly)-Ph. 0427 780 109

Email: [rhonda@malleesportsassembly.org.au](mailto:rhonda@malleesportsassembly.org.au)

