

Learn
in a FUN
& FRIENDLY
place

Shopping
on a budget

Food
preparation



Being
healthy
for your
baby

Keeping
Active



Reading
food labels



Making
healthy
food
choices





Giving YOU and BABY a HEALTHY start to every day!

- Join in the fun, meet other mums, learn great health tips, relax and enjoy yummy food!
- Learn how to buy, prepare, and cook tasty dishes on any budget!
- “Have a go” with FREE Yoga, Power walking, Box Fit, Tai Chi, Pilates, Meditation plus many more in a mum & baby friendly place!
- Join the TextMATCH programme for FREE and receive healthy messages for you and baby
- CALL NOW to talk about the FREE Healthy Babies Healthy Futures programme today!

TEXTMATCH:
We send you FREE expert advice suited to baby's development directly to your phone.



“Hi, thank you so much for your support. All your messages are very helpful.”

“Hi your messages have been a huge help and very good I really appreciate all the messages and it has guided me properly on what to do in my pregnancy thank you very much.”

Call today

Danielle: 09 822 8010 or 022 657 8189

Fangfang: 09 570 1188 ext 330

Anjileena: 09 815 2331

Maria: 09 838 0743 or 021 902 571