


# Touching Base Sessions 2022



Join us at Healthy Living Tiwi once a month  
for a **free** review or physical activity

**Tuesdays 9am to 11am**

**18 January    New Year Goal Setting**

**15 February    Virtual Supermarket Tour**

**Let us know you are attending as  
numbers are limited!**

**Call Healthy Living NT - 08 8927 8488**

**[Healthylivingnt.org.au](http://Healthylivingnt.org.au)**