



**Team  
HEALTH**



**B C**

**Balanced Choice  
PROGRAM**

**2025**



# COURT SIDE COOK OUT

*IT'S TIME TO*  
**WORKOUT!**

**Every Thursday  
3:00 pm - 4:00 pm**

**Where: YiSSA, 55 Batten Rd,  
Marrara, NT**

**AGE:**

**10 +**

**STRONG BODY  
STRONG  
MIND**

**NEVER  
STOP**