

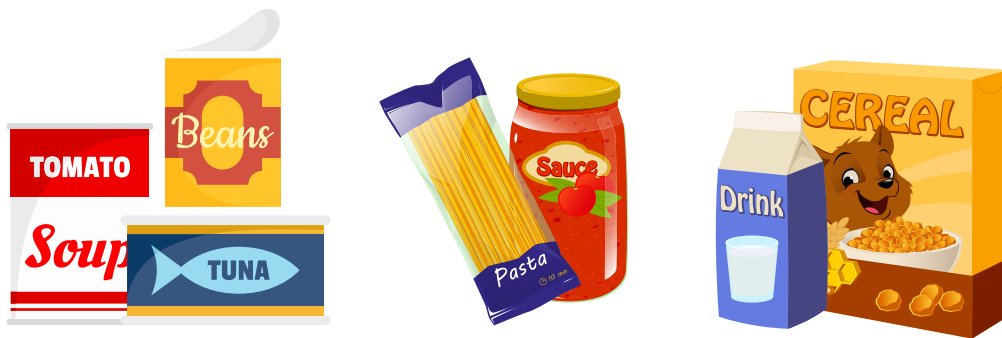
HEALTH MATES CHRISTMAS *Food Drive*



FRIDAY 7 NOVEMBER - MONDAY 1 DECEMBER

Health Mates is again coordinating a Christmas Food Drive. Your generous donations will be used to create festive hampers for families most in need this Christmas.

HERE ARE SOME TIPS TO HELP SELECT YOUR DONATION:



Choose non-perishable foods with long expiry dates.



Where possible choose brand name products and special items to celebrate Christmas.

To make a contribution, please drop off your donation next to the Tarro ave sign-in desk, by **Monday 1 December**.



HealthMates
Fitness Centre

2B Brett St, Revesby | 8707 6930 | healthmates.com.au