



# Nourish & Move

## For NDIS Participants

### Looking to improve your healthy eating and exercise habits?

Join Nourish & Move, our eight-week group program of supports for NDIS participants, designed to help you develop new skills, confidence and motivation to achieve your unique healthy living goals.

Learn how to prepare and cook low-cost, healthy meals in weekly one-hour nutrition education sessions, facilitated by our dedicated dietitian.

Get closer to reaching your movement goals in weekly one-hour exercise sessions, led by our exercise physiologist, customised to your needs and goals.

### Locations and dates

Sessions are provided at locations across Adelaide's north, west and south metropolitan areas.

Be the first to hear about our upcoming group programs. Register your interest via our website or get in touch with our team.

### Register now

To find out more, visit our website [sonder.net.au/nourish-move](https://sonder.net.au/nourish-move)

Speak to our friendly team on **1800 717 676** or email [ndisenquiry@sonder.net.au](mailto:ndisenquiry@sonder.net.au)