

ACTIVATE GOOD INTENTIONS
BUILD GREAT HABITS
ACHIEVE YOUR ACTIVE LIFESTYLE GOALS



Knowing what we 'should be doing' to be healthier sometimes doesn't translate into 'actually doing' these things. That's where Pair Up comes in.

- ✓ Learn simple ways to start new habits that actually stick
- ✓ Succeed without relying on motivation or willpower
- ✓ Start small, accumulate small wins, celebrate success!

**For a limited time, Pair Up is
free for South Eastern NSW residents**

Thanks to generous funding support, joining Pair Up is now free to anyone 18 or older living in any of the areas listed below:

Bega Valley Shire, Eurobodalla Shire, and Snowy Monaro Shire

REGISTER TODAY IN UNDER 30 SECONDS



pairup.im/nsw



REGISTER BY 15 APRIL 2018.
PLEASE NOTE, SPACE IS LIMITED.

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