

SUMMER FAMILY
BOND:
GET OFF THE DEVICES
AND PLAY TOGETHER
THIS SUMMER!

KICKSTART YOUR FAMILY'S
HEALTH & FUN THIS NEW
YEAR!



Glutrition
Stick with Health and Nutrition

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BFF
Belly Fat Fighters

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Looking for a way to strengthen family connections and create lasting memories? Join our 4-Week Summer Family Bond Programme starting January 13, 2025!

What's Included?

- Daily Fun Activities: Engage in exciting family-friendly activities like walks, bike rides, or backyard games.
- Exercise & Nutrition Tips: Learn simple health tips such as staying hydrated or enjoying a protein-packed breakfast.
- FREE for Everyone: A gift for your family to start the year happy, healthy, and together.

Why Join?

- Disconnect from screens and reconnect with each other.
- Promote health and well-being for the whole family.
- Create unforgettable memories while fostering teamwork and bonding.

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Register Today and Make This
Summer One to Remember!



Scan QR Code to
Register via
Glutrition Website

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to Remember!

Together, let's make this summer about
connection, health, and happiness!