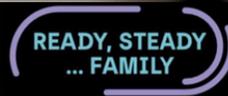


dadfit



DADFIT

FREE FIVE-WEEK PROGRAM

**Starts Wednesday, May 14
Mt Ridley College, Craigieburn**



What's Dadfit all about?

Being a dad is awesome, but it's also hard work.

Dadfit is a FREE program to help you be the best dad you can be:

- Get active
- Connect with other dads
- Share experiences
- Led by a former BBL cricketer



What to expect in the program?



Dad workouts

Fun, full-body, suitable for all fitness levels



Dad chats

Catch up about issues facing dads, including parenting, relationships, health and wellbeing



Dad challenges

Dads supporting dads to try out new ideas

What's included?

The free program includes 5 x two-hour Dadfit sessions.

Each session includes a Workout (45 min), Dad Chat (60 min) and a Dad Challenge.

Timing: Meet weekly on Wednesday 7-9pm for 5 weeks, starting May 14

Location: Mt Ridley College, 2-30 Hampton St, Craigieburn

Open to all dads in the area!



Sign up now to book your place!



www.dadfit.au/craigieburn

Who delivers the program?



Ryan Carters

Dadfit Founder, dad of three, fitness trainer, former pro cricketer



Glory Sekhon

Drummond Street peer worker, dad of one, originally from India

"A highlight of my year."
— Jonathan, dad of three

"Adding small steps each week to being a better dad"
— Uddika, dad of one

"I've only known these dads for two weeks and it already feels like we're old friends."
— Ajay, dad of two

"My partner is happier since starting Dadfit, which is great for all of us."
— Anna, mother of three