

READY TO TURN YOUR HEALTH AROUND



If you're tired of every self-professed wellness guru **and their aunty giving you advice on pretty much everything from Wall Pilates and Face Yoga** right down to how to cook your sweet potatoes, then this one is for you!

It's time for the Total Turnaround with OMSMAF



The campaign to help you unleash your wellness potential – your way. No “fabulous” health fads or goodness-knows-when goals – just you and your very own journey to better health.

So, keep an eye on your email inbox and be sure to join our WhatsApp broadcast group by using the below QR code because over the next few months, we will be sharing tips on how to set healthcare goals that work for you as well as how to stay on track... on your terms.

JOIN THE OMSMAF BROADCAST GROUP



SCAN ME

WHAT'S MORE

We will be inviting you to share your special Total Turnaround story with the rest of the OMSMAF community because alone you may go fast, but together we can go far.

**LET'S DO THIS,
OMSMAF FAMILY!**

CHAT SOON,
THE OMSMAF TEAM