



Live * Love * Life:

Stepping in to Cook

A nutrition program providing helpful and relevant tips to help get more “bounce” into your life!

Date: 7th—28th September 2010 (Tuesday)

Time: 10:30am -11:30am

Venue: Hainsworth Centre

Address: Hainsworth Avenue, Girraween



A four week program covering a different “theme” each week

- ★ Week 1 Food Variety **What is a serve size?**
- ★ Week 2 Boost your energy **QUIZ and Fact Sheets**
GI Explained
- ★ Week 3 Food labels **Do you know what you are eating?**
- ★ Week 4 Budgeting **A day late a buck short!!**



Each week a guided walk to promote physical activity will leave from the Centre following the workshop.

Register with Women’s Healthworks

9300 1566