



Live * Love * Life: Stepping in to Cook

A nutrition program delivering valuable information
relevant for your everyday life



Date: 9th - 30th September 2010 (Thursday)

Time: 12:30pm - 1:30pm

Venue: Wanneroo Recreation Centre

Address: Scenic Drive, City of Wanneroo



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

- ★ **Week 1** Food variety and serve sizes
- ★ **Week 2** Boost your energy
- ★ **Week 3** Food label reading with focus on sodium , calcium and fibre
- ★ **Week 4** Budgeting GET MORE BANG FOR YOUR BUCK!
- ★ Each week a guided walk to promote physical activity will leave from the Centre following the workshop.

Register with Women’s Healthworks

9300 1566