

HEALTH WORKSHOP SCHEDULE

DAY	TIME	TOPIC	VENUE	ABOUT
OCTOBER 24	Saturday 10am October 26	INTUITIVE EATING	Shellharbour Health	<i>Suitable for everyone this one hour session comprises evidence based dietary and exercise management. Conducted by our resident accredited practising dietitian Limited numbers—bookings required</i>
NOVEMBER 24	Saturday 10am November 30	OSTEOPOROSIS	Shellharbour Health	<i>Suitable for Osteopenia / Osteoporotic suffers or carers this one hour session comprises evidence based dietary and exercise management. Conducted by our resident accredited practising dietitian and Physiotherapist. Limited numbers—bookings required</i>
FEBRUARY 25	Saturday 10am February 22	GUT HEALTH	Shellharbour Health	<i>Suitable for Gut suffers or carers this one hour session comprises evidence based dietary and exercise management. Conducted by our resident accredited practising dietitian .Limited numbers—bookings required</i>
MARCH 25	Saturday 10am March 22	LOW BACK PAIN	Shellharbour Health	<i>Suitable for Low back pain suffers or carers this one hour session comprises evidence based dietary and exercise management. Conducted by our resident accredited practising dietitian and Physiotherapist. Limited numbers—bookings required</i>
APRIL 25	Saturday 10am April 26	DIABETES	Shellharbour Health	<i>Suitable for diabetes suffers or carers this one hour session comprises evidence based dietary and exercise management. Conducted by our resident accredited practising dietitian and exercise physiologist . Limited numbers—bookings required</i>