

Mirrabooka 40+ Group

2018 Program – Term 3

July	Program
18th	Food Sensations Workshop- Healthy Eating(1pm-3:30pm)
25th	Food Sensations Workshop-Label Reading & Food Selection
August	
1st	Food Sensations Workshop- Budgeting & menu Planning
8th	Food Sensations Workshop- Healthy Mind, Healthy Body
15th	Umbrella Community Care- Information Van
22nd	Bring A Plate
29th	My Health Records
September	
5th	Talk by Ishar Health Promotion Officer
12th	Talk by Ishar Dietitian
19th	Activity- Tree of Connection

Ishar Multicultural
Women's Health Centre,
21 Sudbury Rd,
Mirrabooka.
Wednesdays
1pm – 3pm
Contact:
Cherylann MaGee –
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cherylann@ishar.org.au

NOTE: Program may change or cancel without notice



Multicultural Women's
Health Centre

Inspiring women, families & communities
ishar.org.au