



Healthy Eating

and Nutrition Workshops

SEPTEMBER 2017

ShopSmart – Diabetes WA

Thursday 7 September 2017 | 10am – 12pm

Rockingham Arts Centre
Kent Street, Rockingham

Free

Learn how to decode food labels and spot the techniques used to trick you into buying unhealthy food.

Food Sensations for Adults – Foodbank WA

Four-week program. Participants must attend all four sessions.

Friday 8 September to Friday 29 September 2017 | 10am – 12.30pm

Gary Holland Community Centre
Kent Street, Rockingham

Free

A nutrition and cooking program that is hands on, fun and provides a safe environment to try new recipes and skills. It covers a variety of nutrition topics including healthy eating, label reading, budgeting, meal planning, and healthy mind, healthy body.

Tasty Toddler – Ngala

Tuesday 12 September 2017 | 10am – 12pm

Rockingham Community Library
Dixon Road, Rockingham

Free

A workshop for parents with children aged 1 to 3 years. Learn how a child develops their feelings and attitudes towards eating. Learn strategies to help establish and encourage long-term healthy eating behaviours for children as their growth patterns change.

*Crèche available

Registrations essential (limited places)

To book please contact the City of Rockingham on **9528 0333**
or email customer@rockingham.wa.gov.au



www.rockingham.wa.gov.au



Ngala
Parenting with Confidence

