

Health Workshop Timetable 2009/2010

Date	12pm- 1.30pm	5.30pm-7pm
30th Sep	Eating for Diabetes	
7th Oct		Quit Smoking
14th Oct	Diabetes and Pre-Diabetes	
21st Oct		Exercise for Health
28th Oct	Eating for Heart Health	
4th Nov		Cardiovascular Health
11th Nov	Weight Loss	
18th Nov		Motivation
25th Nov	Quit Smoking	
2nd Dec		Eating for Diabetes
9th Dec	Exercise for Health	
16th Dec		Diabetes and Pre-Diabetes
13th Jan	Motivation	
20th Jan		Weight Loss
27th Jan	Eating for Diabetes	
3rd Feb		Quit Smoking
10th Feb	Diabetes and Pre-Diabetes	
17th Feb		Exercise for Health
24th Feb	Eating for Heart Health	
3rd Mar		Cardiovascular Health
10th Mar	Weight Loss	
17th Mar		Motivation
24th Mar	Quit Smoking	
31st Mar		Eating for Diabetes
7th Apr	Exercise for Health	
14th Apr		Diabetes and Pre-Diabetes
21st Apr	Cardiovascular Health	
28th Apr		Eating for Heart Health
12th May	Motivation	
19th May		Weight Loss

26th May	Eating for Diabetes	
2nd Jun		Quit Smoking
9th Jun	Diabetes and Pre-Diabetes	
16th Jun		Exercise for Health
23rd Jun	Eating for Heart Health	
30th Jun		Cardiovascular Health