

health-e-waves

a newsletter produced by Health Promotion Connections Inc.

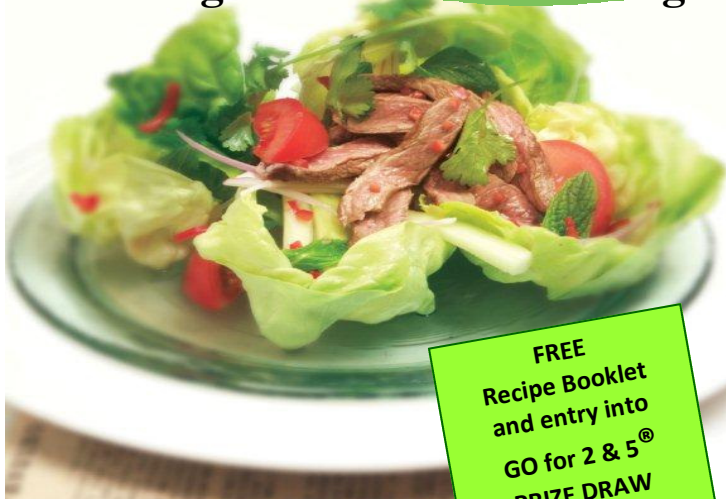
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health promotion connections inc.
creating partnerships for better health

Health Promotion Connections Inc. is funded by Queensland Health and supported by the Whitsunday Regional Council

“Spring into Fruit and Veg”

Cooking Demo & Taste Testing



FREE
Recipe Booklet
and entry into
GO for 2 & 5®
PRIZE DRAW

Bowen Library
67 Herbert St

14th September 2011 - 10.00am
Bookings Essential: 4761 3670

Collinsville
Melbourne Cup Fair
1 November 2011

Whitsunday Regional Council
Invites you to attend a

Go for 2&5® Cooking Demo & Taste Testing

These fun and interactive sessions take 20-30mins and are run by a nutritionist who will show you how to make quick healthy meals.



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An Initiative of the Whitsunday Regional Council funded by the Australian Government and supported by Health Promotion Connections and Queensland Health

DATE CLAIMERS

Nutrition Week - Join a 1hr **Nutrition Tour** - learn how to read a label
Tour dates for Bowen 17, 19 and 21 October - Bookings essential.

FOODCents workshop - \$\$\$ave on your food shopping dollar
Bowen - October 27 - Bookings essential.

Phone 4786 5941

Great incentives to step out in spring...



Whitsunday Region
Incentive Scheme

Join a local Heart Foundation Walking Group and be in line for a host of incentives just for Whitsunday Walkers
For more information on local walking groups or to start your own, call
Kathy on 4786 5941



Community Assistance Grants



Community and sporting organisations in the Whitsunday Region, meeting the eligibility criteria can apply to Whitsunday Regional Council for grants to purchase equipment, undertake projects or events. This funding round opens 3 October.

Contact Whitsunday Regional Council on 4945 0200 for more information.



Pilates
Zumba
Circuits

Fitness 1-2-3
4785 1134

Mention you're on the HPC data base for \$2.00 discount!

Shape Up Shed Collinsville - Class Times

	Improve your fitness today	Mon 5.30pm Village Walkers Heart Foundation Walking
	Tues 5.30pm Sam's Cardio Circuit	
	Wed 5.30pm Tamie's Cardio Workout Inside/Outside	
	Thurs 6.00pm Alex's Trim and Tone	

Blenderz

Check out the 'healthy lunch options' at
Blenderz Juice Bar
Shop 1/17 Gregory St, Bowen

Super Smoothies
Scrummy Salads

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