

health-e-waves

Edition# 16
September 2011

health promotion connections inc.
creating partnerships for better health

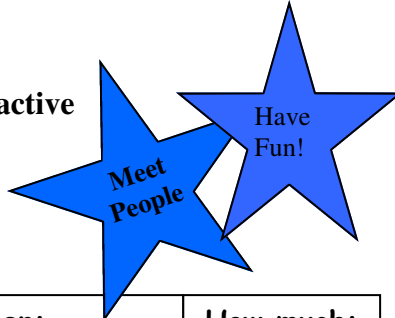
a newsletter produced by Health Promotion Connections Inc.
www.hpcinc.com.au

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Connections is funded
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Queensland Health

BURDEKIN CENTRE
FOR RURAL HEALTH

Lighten Up

Learn healthy eating ideas
How to be more physically active
Food Label Reading
and more....



Where:	When:	How much:
"The Homestead" 12A Chippendale Street Ayr	9:00 to 11:00 am Commencing Wed 14 th Sept	\$15 for workbook

BURDEKIN CENTRE
FOR RURAL HEALTH

DIABETES EXPO

Queensland
Government
Queensland Health

When: Saturday, 8th October, 2011
Time: 9:00 am to 3:00 pm
Where: Ayr Showgrounds Hall

Diabetes & Mini
Health Checks



Contact: Burdekin Centre for Rural Health - 4783 2711



Friday - 16 September
Walk to Work Day
Put your feet first and make
walking work for you.

REGISTER TODAY
IT'S FREE

Employers can encourage their employees to
make walking to work a regular activity.
Step into Spring, put your feet first and [register](http://register.atwalk.com.au)
at walk.com.au to take part in
Cancer Council Walk to Work Day.



Health-e-waves is produced by HPC
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**Emergency Services Cyclone
Family Fun Day**
Saturday 1st October 2011
Adjacent to the PCYC, AYR - Noon to 4pm
Learn how to be prepared this cyclone season.
Free games, rides, entertainment.



Confused

About what to eat these days?

Come on a FREE
Nutrition Tour
A fun and interactive way to
improve your nutrition

When: 10.30am
Wednesday 5 October 2011

Place: Woolworths, Queen St, Ayr

Bookings Essential on 4786 5941

Heart Foundation
Walking
Heart Foundation

Looking for a fun
way to be active?
Join BMW Walkers,
a Heart Foundation
Walking Group in the
Burdekin. This group meets on the lower side of
Anzac Park every Wednesday afternoon at
5.15pm and every Friday afternoon at 5.15pm
in the Woolworths Car Park.



Phone Burdekin Neighbourhood Centre: 07 4783 3959

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