



Healthy living sessions

When

26th October –
30th November
2020

Time

11am-12pm

Where

Shop 1-3
Tiwi Place
Tiwi, 0810

Cost

Free

RSVP

Registration is
essential, call
the team at
1300 276 522

Learn more about healthy living

APM Communities invites people with disability, carers and support workers to join us for a series of free information sessions on healthy living.

Session 1 – Monday 26th October

The importance of being healthy and an introduction to the sessions

Session 2 – Monday 2nd November

Learn about the five food groups, sugar and drink choices

Session 3 – Monday 9th November

Learn about processed and unprocessed foods and screen and sleep time

Session 4 – Monday 16th November

What to do when faced with tricky situations (choosing food and drinks when out and about)

Session 5 – Monday 23rd November

A tour of the supermarket

Session 6 – Monday 30th November

Preparing a healthy balanced meal.

For more information, email the team at CCB.APMNT@ndis.gov.au.



Delivering the NDIS in your community