

City of
Cockburn

wetlands to waves

Co-Health
creating healthy communities

HEAL **HEALTHY
EATING
ACTIVITY &
LIFESTYLE™**



HEAL™ 2017 Saturdays 9-11 @ Cockburn Integrated Health, Success

	Information/ Registration	Pre-assessment by appointment (45 minutes)	Program (8 weeks) Saturdays 9-11am	Post-Assessment by appointment (30 minutes)
Term 2	22 April 9.30am	22 April - 6 May	6 May - 24 June	After 24 June
Term 3	15 July 9.30am	15 July - 29 July	29 July - 16 September	After 16 September
Term 4	7 October 9.30am	7 - 21 October	21 October - 9 December	After 9 December

HEAL™ 2017 Tuesdays 12-2pm @ Cockburn Youth Center, Success

	Information/ Registration	Pre-assessment by appointment (45 minutes)	Program (8 weeks) Saturdays 9-11am	Post-Assessment by appointment (30 minutes)
Term 2	18 April 12 noon	18 April - 9 May	9 May - 27 June	After 27 June
Term 3	18 July 12 noon	18 July - 1 August	1 August - 19 September	After 19 September
Term 4	10 Oct 12 noon	7 - 21 October	24 October - 5 December	After 9 December

If you would like to attend one of the HEAL information/registration sessions, or find out more about the program, please call Khris on 0418 839 796 or send an email to beactive@cockburn.wa.gov.au.