

# IS YOUR WEIGHT DRAGGING YOU DOWN?

The Summer/Autumn HEAL™ (Healthy Eating, Activity & Lifestyle) programs are fast approaching and places are limited, so register your interest now!

## Information and registration sessions

Date	Time	Venue
<b>Saturday 6 January</b>	9–10am	Cockburn Integrated Health, 11 Wentworth Parade, Success
<b>Tuesday 23 January</b>	midday–1pm	Cockburn Youth Centre, Wentworth Parade, Success
<b>Thursday 8 February*</b>	11–midday	Yangebup Family Centre, 11 Dunraven Drive, Yangebup
<b>Wednesday 7 March</b>	5.30–6.30pm	Cockburn Integrated Health, 11 Wentworth Parade, Success
<b>Saturday 7 April</b>	9–10am	Cockburn Integrated Health, 11 Wentworth Parade, Success
<b>Tuesday 1 May*</b>	midday–1pm	South Lake Ottey Family Centre, 2a South Lake Drive, South lake
<b>Wednesday 16 May</b>	5.30–6.30pm	Cockburn Integrated Health, 11 Wentworth Parade, Success

\*Parents program (creche provided)

The eight week program starts two weeks after each information session and consists of one hour of gentle exercise followed by one hour of lifestyle education. Pre and post one-on-one assessments will be arranged for you when you register.

**Cost:** \$50 (\$25 with health-care card) and \$25 is refunded on completion of the program if all eight sessions are attended.

For enquiries and registration contact: Khris on **T: 0418 839 796** or email [beactive@cockburn.wa.gov.au](mailto:beactive@cockburn.wa.gov.au)