

# Healthy Eating

## and Nutrition Workshops

JULY

### MeterSmart – Diabetes WA **Free**

Tuesday 18 July 2017 | 10am – 12pm

Mary Davies Library and Community Centre  
Settlers Avenue, Baldivis

Do you find checking your blood glucose painful? Or suspect you are not getting accurate results? This practical skills session will show you all the best techniques for using your meter to help manage your diabetes. **For people with type 2 diabetes only.**

### Food Glorious Food **Free**

Monday 24 July 2017 | 10am – 12pm

Rockingham Community Library  
Dixon Road, Rockingham

A workshop for parents with babies up to 12 months. Learn about a child's readiness to move onto food in addition to breast or formula milk. Topics include: timing to introduce solids, variety, quantity and quality of foods.

### Yarn Up – Diabetes WA **Free**

Thursday 27 July 2017 | 11am – 1pm

Babbingur Mia  
Council Ave, Rockingham

An interactive group presentation for Aboriginal and Torres Strait Islanders to increase one's knowledge and understanding of diabetes.

### Registrations essential (limited places)

To book please contact the City of Rockingham on **9528 0333**  
or email [customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)



[www.rockingham.wa.gov.au](http://www.rockingham.wa.gov.au)

