



National Diabetes Week

food cents<sup>®</sup>

# Balance Fitness, Food & Fun

Eating & preparing healthy food and getting fit is easy, find out how to do this, have fun and make new friends

Wednesday 13 July 2011  
12 to 2.30pm

Food served at end of session

Save the environment,  
Please bring your own coffee mug, small plate, fork & spoon.  
Bring a water bottle  
Wear flat shoes or sandshoes.

Cost \$5

Registration essential

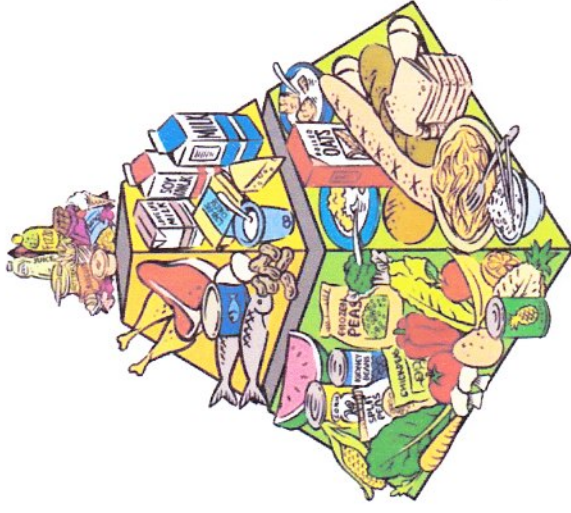
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HEARTMOVES



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Mackay Health Service District, Queensland Health  
Barb Whitfield, Health & Wellness consultant, Diploma of Fitness, Instructor member of QKFA Inc.  
Leanne Simpson, Tai Chi for Health (TCA, TCD, TCA Falls Prevention) Instructor Member of QKFA Inc & Foodcents Advisor