



HUME CITY COUNCIL LEISURE CENTRES NUTRITION SEMINARS

	Broadmeadows Aquatic and Leisure Centre 41– 85 Tanderrum Way, Broadmeadows	Splash Aqua Park and Leisure Centre 60 Central Park Avenue, Craigieburn	Sunbury Aquatic and Leisure Centre 20 Ligar St, Sunbury
The Science of Weight Loss		11 September 2019 6.30pm – 7.30pm	2 October 2019 7.30pm – 8.30pm
Maximising your training and eating the correct way	7 November 2019 7pm – 8pm	23 October 2019 6.30pm – 7.30pm	
Mental health, nutrition and cooking demo	6 February 2020 7pm – 8.30pm		26 February 2020 7.30pm – 9pm
Gut health	11 March 2020 7pm – 8pm	25 March 2020 6.30pm – 7.30pm	18 March 2020 7pm – 8pm
The Healthy Lunch Box (children can attend with you)	22 April 2020 7pm – 8.30pm		29 April 2020 7pm – 8.30pm
Food & sleep improvements		20 May 2020 6.30pm – 7.30pm	27 May 2020 7.30pm – 8.30pm
Sugar!! Workshop	17 June 2020 7pm – 8pm	24 June 2020 6.30pm – 7.30pm	

- Bookings must be made in person at reception three days prior
- Members - **free**
- Non-members - **\$15 per seminar**