

# **STAY ON YOUR FEET® - LEARN MORE ABOUT MANAGING YOUR HEALTH**

**Wednesday 16<sup>th</sup> September**

**1.00pm – 2.30pm**

**OR**

**4.30pm – 6.00pm**

**Please choose a workshop time that suits you**

**Edith Cowan University  
Building 21 Room 304 Joondalup**

This free workshop includes presentations by an Exercise Physiologist and a Nutritionist followed by a cooking demonstration and tastings. The event will provide you with information on physical activity and nutrition, how to stay active, manage your health and reduce the risk of falling. The workshop will end with a 30 minute cooking demonstration on nutritious food along with tastings from the three recipes demonstrated.

**Numbers are strictly limited so sign up now! Please register your attendance by Wednesday 9<sup>th</sup> September at the Vario Wellness Clinic or on 6304 3444**