



HEALTHY LIFESTYLE GROUP

Our qualified bilingual speaking dietitian will deliver health talks on different topics (Diabetes/Cholesterol/ Heart Disease/ Blood Pressure and Healthy Food) to support and promote healthier lifestyles to local women.

Zumba classes will be offered

FREE one on one appointments with our dietitian can be booked followed the group sessions

TUESDAYS
9.30AM - 10.45AM
6, 20 FEBRUARY; 5 MARCH; 2 APRIL



Fairfield
Women's
health service

Please call 02 9794 0150 or email:
swslhd-fairfieldwomenshealthservice@health.nsw.gov.au
for more information