



# FOODcents<sup>®</sup>

**With a focus on healthy eating, food budgeting and physical activity the FOODcents<sup>®</sup> program assists people in making healthier food and lifestyle choices.**

## **Half-day workshops**

Tuesday 4th May, 9.00am - 2.00pm, Secret Harbour Community Centre, Oasis Dve Secret Harbour.

Wednesday 12th May, 9.00am - 2.00pm, Gary Holland Community Centre, Kent St Rockingham.

Bookings essential. RSVP to either of the half-day workshops to Barbara Bougard on 9528 0315 or [Barbara.Bougard@rockingham.wa.gov.au](mailto:Barbara.Bougard@rockingham.wa.gov.au)

These interactive one-off workshops include: information on good nutrition and healthy food choices, tips for budgeting, a food demonstration, healthy recipes and a supermarket tour.

## **Six-week workshop**

Monday 17th May - Monday 28th June (every Monday for six weeks), 9.30am - 12.30pm, Waikiki Community & Family Centre, Rand Ave Waikiki. Crèche available. Bookings essential. Call Vanessa or Melissa on 9592 4096. Limited numbers available.

The six-week program will cover similar information to the half-day workshops but will go into more detail, and is also a great way to meet new people in a fun and relaxed environment.