



Tips from an expert

Making healthy choices easy!

# Walk & Talk All Things Food

## Last Friday of each month

30 April 28 May 25 June 30 July 27 August 24 Sept

9:00-10:00am

Bring your kids, prams, friends and dogs to enjoy our beautiful Dry Season mornings strolling around Jingili Water Gardens.

After the walk, enjoy a healthy morning tea while learning about emotional eating, what is nutritious food and its benefits, how to read food labels, portion sizes and tips when eating out.

Join a qualified health and weight management practitioner who specialises in food coaching for this unique Walk & Talk each month.

**Location:** Picnic shelter near Jingili Regional Playground, Jingili Water Gardens

**Cost:** \$5 **Bookings Essential!** For catering purposes

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