



Lighten Up

*Get your health
& happiness on track*

CALENDAR 2010										
Sunshine Coast-Wide Bay Health Service District (Southern Cluster)										
LOCATION	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Maroochy Community Health Sixth Ave Cotton Tree			21 April – 2 June 1-4pm Conference Room (Robyn & Chris)				4 Aug – 27th Oct Training Room Workshops held fortnightly (Wednesday 9.30am—11.30am) (Kerry)			
Noosa Community Health Bottlebrush Ave Noosa Junction	Mon 15 Feb-29 Mar (1.30pm-3.30pm) Training Room (Janelle & Vicki)								To be confirmed	
Caloundra Community Health West Tce Caloundra			Thu 15 Apr – 27 May 1-4pm Training Room (Carol & Lynda)					8th Sept - 1st Dec Training Room Workshops held fortnightly (Wednesday 6pm-8pm) (Ingrid & Kerry)		

For more info about the Lighten Up Program, or to make a referral, please contact:

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