

2009 Workshop Program  
 Multi- Purpose Centre  
 Flora Street, Sutherland



<b>WORKSHOP DATES</b>	<b>ACTIVITY</b>
<b>Saturday 28<sup>th</sup> March 10.00am - 12.30pm</b>	<b>Presentation of goals from old participants and new participants. A meal with a mate workshop.</b>
<b>Saturday 30<sup>th</sup> May 10.00am - 12.30pm</b>	<b>Healthy eating</b>
<b>Saturday 27<sup>th</sup> June 10.00am - 12.30pm</b>	<b>Healthy eating continued</b>
<b>Saturday 25<sup>th</sup> July 10.00 - 12.30pm</b>	<b>Friendship and dating</b>
<b>Saturday 29<sup>th</sup> August 10.00am - 12.30pm</b>	<b>To be advised</b>
<b>Saturday 26<sup>th</sup> September 10.00am - 12.30pm</b>	<b>To be advised</b>
<b>Saturday 31<sup>st</sup> October 10.00am - 12.30pm</b>	<b>To be advised</b>
<b>Saturday 28<sup>th</sup> November 10.00am - 12.30pm</b>	<b>To be advised</b>
<b>Saturday 12<sup>th</sup> December Time to be advised</b>	<b>Xmas party</b>