

# Healthy 4 Life

*Community Seminars*  
*These are for YOU*

**Date: September 5th 2009**

**Venue: RSL Glen Waverley**

**\$10 donation for either seminar**

## **Pregnancy Matters: 12.00-2.00**

Antenatal Health and Nutrition-Dr Kate Duncan

Exercise is Essential- Ross Andrews

Great Expectations-Dr Sue Taylor

Arriving Home with Baby- Mei Cheah RN, RM

Permission to Pamper-Claire Haywood

## **Community Health: 2.30-4.30**

Chronic Disease YOUR Choice-Dr Sue Taylor

Metabolic Mayhem-Dr Nik Chosich

Belly Ache/Bowel Business- Dr Gideon Shaw

Exercise is Essential-Ross Andrews

Mental Health-First Aid- To be confirmed

Thanks to all speakers

Book Now

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