



# Sustainable September



Ross Memorial Uniting Church  
cnr Hay and Colin Streets, West Perth

*Uniting Church in the City and Everyday Healthy Eating present*

## **Food and Healthy Ageing**

*Monday, 11am – 12.30pm*

*2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> September*

Over four weeks Donna will present relevant nutrition health topics, followed by a cooking demonstration and a light shared lunch together. Topics include: food patterns for a healthy active lifestyle; minerals, vitamins, gut health and body systems; shopping and cooking for Heart Health and Lifestyle factors for Bone Health.

Places are limited so please register soon.

## **Healthy Food and Home-Cooking Workshop**

*Tuesday, 4.30pm – 6.30pm*

*3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> September*

Over four weeks Donna will present this workshop aimed and men and women who enjoy cooking at home and those that are basic cooks. Have fun as you learn about eating well, shopping on a budget, storing food safely and more. Each week we will cook together and then share a meal. This is a free workshop. Please note those enrolling must attend all four weeks. Places are limited to eight people.

## **Health and Nutrition Briefing**

*Thursday, 12.15pm – 1.15pm*

*5<sup>th</sup> & 19<sup>th</sup> September*

Donna is presenting two free health and nutrition briefings. They will offer food and lifestyle factors for a healthy body and heart health. A light lunch will be provided. Registration is preferred or you are welcome to come on the day.

For more information

Phone (08) 6103 4222 or email [admin@ucic.org.au](mailto:admin@ucic.org.au)

[www.perthunitingchurch.org.au](http://www.perthunitingchurch.org.au)