

Nutrition and Dietetics Groups at Hornsby Ku-ring-gai Health Service: 2009

Diabetes Groups

Cost is \$25 for two consecutive Thursday mornings

Dates for 2009:

January- Thursday 22 and 29
February- Thursday 12 and 19
March- Thursday 12 and 19
April- Thursday 16 and 23
May- Thursday 14 and 21
June- Thursday 11 and 18

July- Thursday 16 and 23
August- Thursday 13 and 20
September- Thursday 10 and 17
October- Thursday 8 and 15
November- Thursday 12 and 19
December- Thursday 3 and 10

Impaired Glucose Tolerance/Pre Diabetes Education Group

Cost is \$15

Dates for 2009:

February- Thursday 26th
May- Thursday 7th

August- Thursday 6th
November- Thursday 26th

Supermarket Tours

Join our Dietitians to untangle the confusion and decipher food labels to make appropriate food choices. The 2 hour session will be run in a local supermarket during the day and in the evening of each date. Preference will be given to those who have previously attended a HKHS Nutrition and Dietetics Education Program.

Cost: \$15 per person

Dates for 2009:

May- Tuesday 19th
September- Tuesday 1st

December- Tuesday 8th

Weight for Health

The program runs for 12 weeks and will cost \$150 or \$130 for pensioners.

Dates for 2009:

February- 1st meeting Tuesday 10th
May- 1st meeting Tuesday 26th

September- 1st meeting Tuesday 15th