

Touching Base Schedule 2018



Goal Setting for New Year!

9am – 11am Tuesday 9 January 2018

6 February Keeping Active

**13 March Easter Meals - Heart Protective
Plus a Health Review
Bookings 8927 8488**



healthy**living**NT

*Your partner in heart
& diabetes health*

TOUCHING BASE SCHEDULE 2018

| Date | Topic |
|-------------------------|--|
| 09 January 2018 | Goal Setting – For the New Year |
| 06 February 2018 | Keeping Active |
| 13 March 2018 | Easter Meals – Heart Protective |

Touching Base sessions are conducted on **Tuesdays** from **9-11am** on a **monthly** basis

Most sessions will consist of two halves. One on a particular topic and another as a health review for attendees

Book-ins are available for all sessions. If you book in, you will receive an SMS reminder

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