



Touching Base Sessions 2021

Join us at Healthy Living the first Tuesday
of each month for a **free** cardiac or
diabetes review and session topic

9am to 11am

Tuesday 9 March	Diabetes Medications
Tuesday 13 April	Exercise and Asthma
Tuesday 11 May	All things Heart
Tuesday 8 June	Supermarket Tour
Tuesday 13 July	Cardiac Tests
Tuesday 10 August	Cholesterol Talk
Tuesday 14 September	Diabetes Tests
Tuesday 12 October	Supermarket Tour
Tuesday 9 November	CHO Counting
Tuesday 14 December	Christmas Treats

Bookings are essential as numbers are limited

Call Healthy Living NT on 08 8927 8488