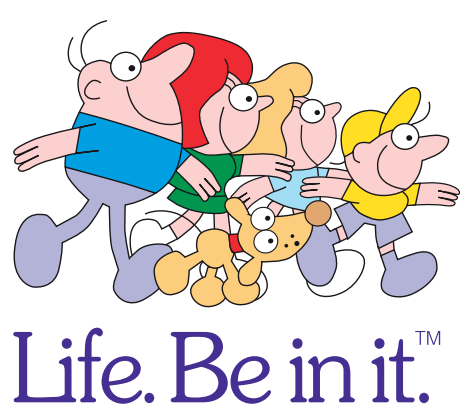


get the most out of life...



healthylivingNT



What's On

DECEMBER

DARWIN

1		9am - 12pm	Getting Started Diabetes Education	Tiwi
1		1pm - 4pm	Diabetes Clinic	Tiwi
1		1pm - 4pm	Paediatric Diabetes Clinic	Tiwi
2		9am - 11am	Cardiac Rehabilitation Session	Palmerston
2		9.30am - 11.30am	Gestational Diabetes Session	Tiwi
3		9.30am - 9.45am	Mummy Movers	Tiwi
6		10am - 11am	Seniors Resistance	Tiwi
7		9am - 11am	Cardiac Rehabilitation Session	Tiwi
8		1pm - 4pm	Diabetes Clinic	Palmerston
9		9am - 11am	Cardiac Rehabilitation Session	Palmerston
9		9.30am - 11.30am	Gestational Diabetes Session	Tiwi
10		9.30am - 9.45am	Mummy Movers	Tiwi
10		1pm - 4pm	Getting Started Diabetes Education	Palmerston
13		10am - 11am	Seniors Resistance	Tiwi
14		9am - 11am	Cardiac Rehabilitation Session	Tiwi
14		9am - 11am	Touching Base: Christmas treats	Tiwi
15		9am - 12pm	Getting Started Diabetes Education	Tiwi
15		1pm - 4pm	Diabetes Clinic	Tiwi
16		9am - 11am	Cardiac Rehabilitation Session	Palmerston
16		9.30am - 11.30am	Gestational Diabetes Session	Tiwi
17		9.30am - 9.45am	Mummy Movers	Tiwi
20		10am - 11am	Seniors Resistance	Tiwi
21		9am - 11am	Cardiac Rehabilitation Session	Tiwi
22		1pm - 4pm	Diabetes Clinic	Palmerston
23		9am - 11am	Cardiac Rehabilitation Session	Palmerston
23		9.30am - 11.30am	Gestational Diabetes Session	Tiwi
24		12noon	Christmas Closure Christmas Eve	
Christmas closure 12 noon 24 December 2021 to 4 January 2022				
		8am	Reopening Tuesday 4 January 2022	

Bookings are required for most sessions, so please ask at the counter.

All sessions are free except where indicated.

Individual appointments are also available on request.

Phone (08) 8927 8488

info@healthylivingnt.org.au www.healthylivingnt.org.au