Healthy eating and physical activity

6 sessions in Tagalog
This is a 6 week program for Tagalog speaking people covering the benefits of healthy eating, physical activity and information sharing. Please note that attendees are expected to be at all 6 sessions as the subject matter will be different at each one.
Every Monday starting Monday 3 September – Monday 15 October (except 1 October)
10 am – noon
Max Webber Library Function Centre
Booking required: healthyeatingtagalog.eventbrite.com.au

Diabetes awareness

3 Sessions in Tamil
The diabetes awareness program is a three-week program for Tamil speakers. Please note that participants are expected to attend all three sessions as each will be focusing on different subjects.
Every Monday starting Monday 3 September – Monday 17 September
10 am – noon
Dennis Johnson Library
Booking required: diabetestamil.eventbrite.com.au

Locations
Max Webber Library, Blacktown
9839 6677
Corner Flushcombe Road and Alpha Street
Blacktown NSW 2148
Library Function Centre: 9839 6640
Monday – Friday 9.30 am – 7.45 pm
Saturday 9.30 am – 4.00 pm
Sunday 9.30 am – 11.45 am

Our Library @ The Mount Druitt Hub
8886 2000
Ayres Grove
Mount Druitt NSW 2770
Monday – Thursday 9.30 am – 7.45 pm
Friday 9.30 am – 6.00 pm
Saturday 9.30 am – 4.00 pm
Sunday noon – 4 pm

Dennis Johnson Library, Stanhope Gardens
9421 2670
Corner Stanhope Parkway and Sentry Drive
Stanhope Gardens NSW 2768
Monday – Friday 9.30 am – 7.45 pm
Saturday 9.30 am – 4.00 pm
Sunday noon – 4 pm

If you’ve ever wanted to try yoga, here’s your chance! Join us for a series of free yoga classes, suitable for all levels, from beginner to expert. BYO yoga mat or towel.
Every Monday starting Monday 3 September – Monday 24 September
Noon – 1 pm
Max Webber Library Function Centre
Booking required: blacktownlibraryyoga.eventbrite.com.au

Yoga

SEPTMBER
2018

FREE
EVENTS

MAKE HEALTHY NORMAL

F libraries.blacktown.nsw.gov.au
**Health and well-being**

**Lunchdrop storytime**
Join us for a special healthy storytime and learn all about good food choices.

- **Monday 10 September**
  10.30 am
  Our Library @ The Mount Druitt Hub
  No booking required

- **Thursday 13 September**
  10am and 11.30am
  Max Webber Library, Blacktown
  No booking required

**Kim Hodges: Live @ The Library**
You are invited to meet academic and author Kim Hodges and hear her talk about her latest book *Girl Over the Edge*. Kim has lived with mental illness for the past five years, battling bipolar disorder, severe depression, generalised anxiety disorder, and post-traumatic stress disorder.

- **Wednesday 12 September**
  5.30 pm – 7.30 pm
  Max Webber Library Function Centre
  Booking required:
  kimhodges.eventbrite.com.au

**Fall prevention**
This presentation will talk about the benefits of physical activity and its relation to staying independent and preventing falls. It will also cover bone strength and the correct diet for healthy bones.

- **Tuesday 18 September**
  1.30 pm – 2.30 pm
  Max Webber Library Function Centre
  Booking required:
  fallpreventionbtn.eventbrite.com.au

**Fruit and veg storytime**
Learn about the benefits of healthy eating and exercise for overall well-being.

- **Friday 21 September**
  10 am – noon
  Our Library @ The Mount Druitt Hub
  Booking required:
  healthypunjabimountdruitt.eventbrite.com.au

- **Saturday 29 September**
  2.30 pm – 3.30 pm
  Dennis Johnson Library
  Booking required:
  healthypunjabistanhope.eventbrite.com.au

**Healthy lunchbox**
A 30-minute presentation delivered to parents of school age children (particularly new kindergarten students) about how to pack a healthy lunchbox. Parents will receive a show bag of practical information to take home.

- **Wednesday 19 September**
  2.00 pm – 2.30 pm
  Our Library @ The Mount Druitt Hub
  Booking required:
  healthylunchboxmountdruitt.eventbrite.com.au

- **Wednesday 26 September**
  2.00 pm – 2.30 pm
  Dennis Johnson Library
  Booking required:
  healthylunchboxstanhope.eventbrite.com.au

**Dr Nick Fuller: Live @ The Library**
You are invited to meet one of Australia’s leading obesity researchers, Dr Nick Fuller to discuss his recently updated book *Interval Weight Loss for Life*, and the processes involved in convincing your body to lose weight at a healthy rate.

- **Friday 14 September**
  Max Webber Library Function Centre
  Booking required:
  nickfuller.eventbrite.com.au

**Zumba**
Come and give this fun dance class a try in a supportive environment. Perfect for all levels of fitness.

- **Thursday 13 September**
  6.30 pm – 7.30 pm
  Max Webber Library Function Centre
  Booking required:
  zumbawithmarlee.eventbrite.com.au

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**In Punjabi**
Learn about the benefits of healthy eating and exercise for overall well-being.

- **Friday 21 September**
  10 am – noon
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  healthypunjabimountdruitt.eventbrite.com.au

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