



# Nutrition Session Timetable

	TUESDAY	WEDNESDAY	THURSDAY
<b>Week 1</b> Oct 15-19			<b>Supermarket</b> 18 <sup>th</sup> October 10:00am <b>Fill Up With Fibre</b> 18 <sup>th</sup> October 11:00am
<b>Week 2</b> Oct 22-26			
<b>Week 3</b> Oct 29 – Nov 2	<b>Snack Smarter</b> 30 <sup>th</sup> October 10:00am <b>Beat the Christmas Bulge</b> 30 <sup>th</sup> October 11:00am		
<b>Week 4</b> Nov 5-9		<b>Portion Perfection</b> 7 <sup>th</sup> November 4:00pm <b>Meal Planning</b> 7 <sup>th</sup> November 5:00pm	
<b>Week 5</b> Nov 12-16			<b>Snack Smarter</b> 15 <sup>th</sup> November 1:30pm <b>Takeaway the Slim Way</b> 15 <sup>th</sup> November 2:30pm
<b>Week 6</b> Nov 19-23		<b>Re-Think Your Drink</b> 21 <sup>st</sup> November 4:00pm <b>Beat the Christmas Bulge</b> 21 <sup>st</sup> November 5:00pm	
<b>Week 7</b> Nov 26-30	<b>Portion Perfection</b> 27 <sup>th</sup> November 1:30pm <b>Meal Planning</b> 27 <sup>th</sup> November 2:30pm		