



Nutrition Session Timetable

Wednesday 27th March	Supermarket Savvy 3:45pm	Fill Up With Fibre 4:45pm
Friday 12th April	Takeaway the Slim Way 10:00am	Re-Think Your Drink 11:00am
Friday 10th May	Snack Smarter 10:00am	Fill Up With Fibre 11:00am
Wednesday 22nd May	Meal Planning 3:45pm	Portion Perfection 4:45pm
Friday 14th June	Supermarket Savvy 10:00am	Snack Smarter 11:00am
Wednesday 26th June	Takeaway the Slim Way 3:45pm	Re-Think Your Drink 4:45pm

Location

Brisbane Square Library
266 George Street

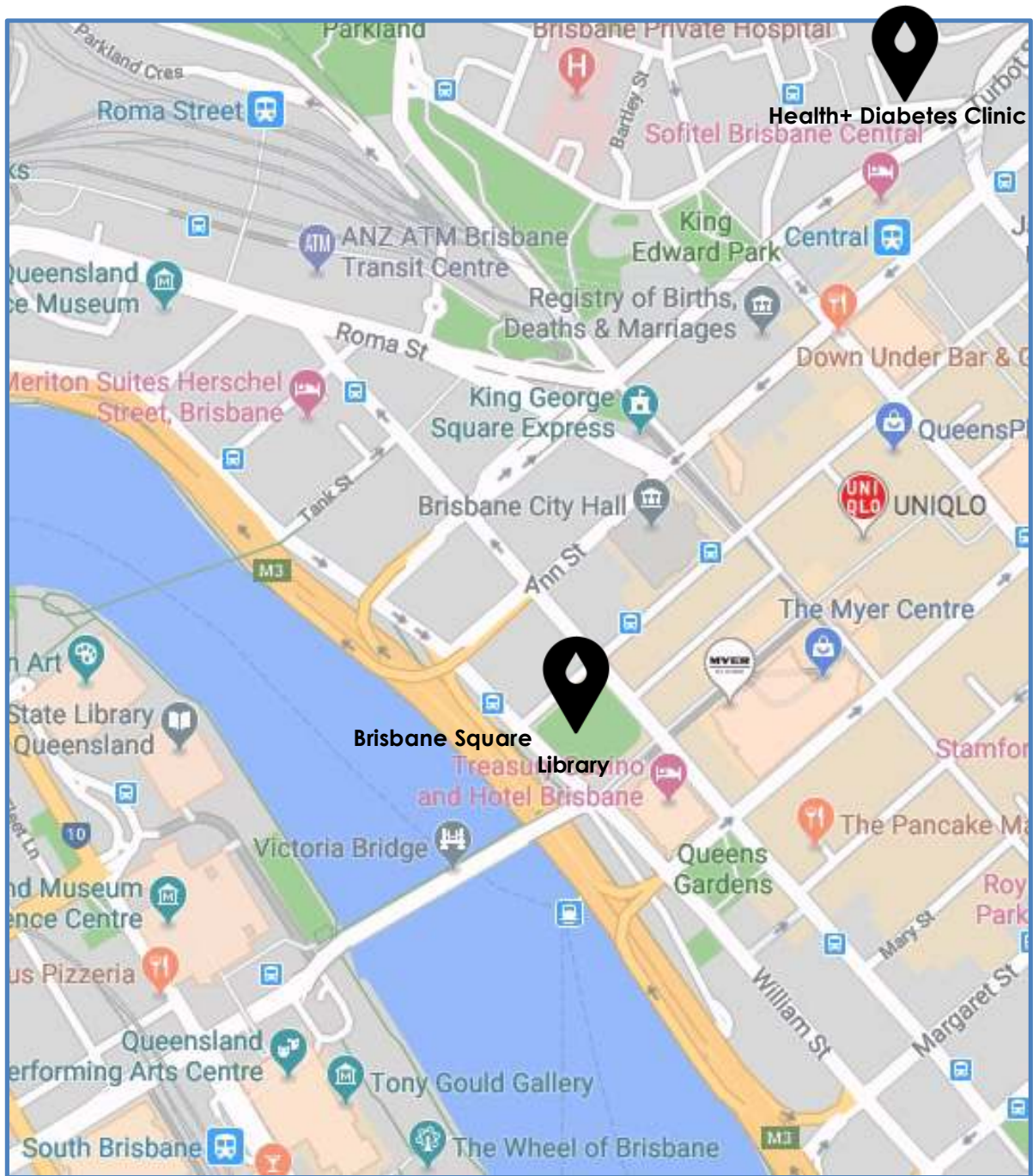
Cost

\$35 per person per
1-hour session
(payable when booking)

Booking

Contact (07) 3839 1777
Tuesday-Thursday

*Cancellations must be made by phoning (07) 3839 1777 up to 48 hours prior to session. No refunds for cancellations made less than 48 hours prior to session start time.



The library is a short walk from the Queen Street Bus Station or approximately 10 minutes' walk from Roma Street Station. The closest public parking is in the Myer Centre, accessed via Elizabeth Street.