



HEALTHY LIVING AND LIFESTYLE

Overview

Participants will learn how to consider and make healthy choices in relation to foods, exercise and lifestyle so they can consider the impacts and the health related conditions that these decisions may cause. A personal plan will be developed by the participant with goals they wish to set for themselves.

Venue

Mi Learning and Development Hub, Frankston

Days and Times

Wednesday 1pm - 4pm

Duration

12 weeks

Activity Type

Complex Program of Supports

Cost

\$3 per week

Resources

Nil