

# HEALTHY EATING WORKSHOPS

Ipswich City Council offers free healthy eating and nutrition sessions to encourage and support our community to cook and eat healthier foods.

<b>Eating for a Healthy Gut</b>	Wednesday 28 February 10.00 am – 11.00 am	Event Space, Rosewood Library, 15 Railway Street, Rosewood
<b>Nutrition in Pregnancy</b>	Tuesday 5 March 10.30 am – 11.30 am	Event Space 2, Level 1, 1 Nicholas Street, Ipswich
<b>Fussy Eating</b>	Thursday 14 March 10.00 am – 11.00 am	Event Space 2, Level 1, 1 Nicholas Street, Ipswich
<b>Teenage Health</b>	Tuesday 9 April 10.00 am – 11.00 am	YMCA Springfield Central Community Centre, 134A Parkland Drive, Springfield Central
<b>Healthy Lunchboxes</b>	Thursday 11 April 10.00 am – 11.00 am	Event Space, Springfield Central Library, Corner Main Street and Sirius Drive, Springfield Central
<b>Eating for a Healthy Mind</b>	Tuesday 7 May 10.00 am – 11.00 am	North Ipswich Reserve Corporate Centre, 43 The Terrace, North Ipswich
<b>Introducing to Solids</b>	Tuesday 21 May 10.00 am – 11.00 am	Redbank Plains Community Centre, 180 School Road, Redbank Plains
<b>Myth Busting Health Trends</b>	Wednesday 19 June 10.00 am – 11.00 am	Minka Place, 20 Main Street, Ripley

## BOOK NOW

Book at [Ipswich.qld.gov.au/healthyeating](http://Ipswich.qld.gov.au/healthyeating) or through the Active and Healthy app.