

FREE SESSIONS on HEALTHY LIVING

Hornsby Shire Council's Community Development Team is running a series of free community information sessions on healthy living at Hornsby Library, Hunter Lane, Hornsby.

Healthy living and cancer prevention (presented by the Cancer Council)

When? Friday 29 April, 10.30am-11.30am

Travel training to utilise public transport (Get out and about by learning how to use public transport, how to buy tickets, read bus and train time tables)

When? Friday 27 May, 10.30am-12noon

Diabetes prevention and awareness

When? Friday 24 June, 10.30am-12noon

Bookings are essential and refreshments are included. For more information or to reserve your place, call Ruth on 9847 6547 or email rjacka@Hornsby.nsw.gov.au.

Please feel free to pass on the information to your friends, colleagues and clients