



## Free!! Blackbutt and Proston Lighten Up Programs

If you are looking to improve your health, eat better, become more active then *Lighten Up to a Healthy Lifestyle* is the program for you.

### Proston

Every Tuesday from 12<sup>th</sup> October to 16<sup>th</sup> November  
10.00am – 12.00am  
Community Hall, Proston

### Blackbutt

Fortnightly Thursday from 23<sup>rd</sup> September to 2<sup>nd</sup>  
December  
10.00am – 12.00am  
Community Hall, Proston

Facilitated by Community Health Nurses Anne Daveron (Nanango) Kathy Crane (Proston), this program is FREE of charge and has eight sessions designed to help you improve your health, level of physical activity, current diet, self esteem and learn how to read food labels.

All are welcome to attend, RSVP is encouraged. To register please contact:

**Blackbutt program:**

Anne Davoren or Annette Lumley at Nanango Community Health on phone: 4171-6750 or email:

[Annette.Lumley@health.qld.gov.au](mailto:Annette.Lumley@health.qld.gov.au)

**Proston Program:**

Kathy Crane at Proston Community Health on Phone: 4168-9288 or Brett Parker at RHealth phone: 4162-5230



Supported By RHealth and Queensland Health

