

Be healthy & active

Bolton Clarke's Be Healthy & Active program provides free, practical sessions to help you get the most out of life. City of Port Phillip's Community Connector Service will be available at each session to answer your questions about local services.



Friday
14 March

Managing sleep and fatigue
11:00 AM - 12:00 PM
St Kilda Library



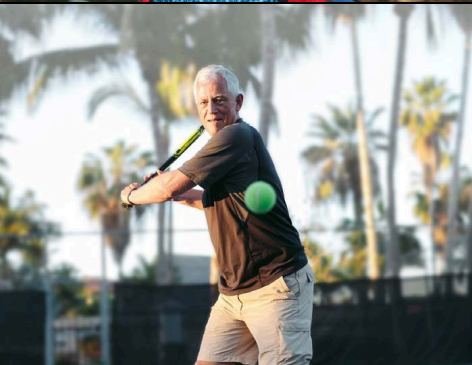
Monday
7 April

Healthy eating and nutrition
11:00 AM - 12:00 PM
Port Melbourne Library



Friday
9 May

Master your mind
11:00 AM - 12:00 PM
St Kilda Library



Tuesday
17 June

Healthy brain, healthy body
11:00 AM - 12:00 PM
Port Melbourne Library

