



2009 SCHEDULES:

PACE FRANKSTON STUDIO 8 Davey Street Frankston: 9770 6770

Session	Date	Topic	Presenter
1	Feb 12th	What is diabetes and how can I prevent it? Goal Setting	PACE Exercise Physiologist
2	Feb 26th	Physical activity and Dietary Guidelines Fats, lipids and fibre Self assessment of eating and physical activity habits	PACE Exercise Physiologist
3	March 12th	Setting Physical Activity Goals/ Physical Activity diary	PACE Exercise Physiologist
4	March 26th	Label Reading, Recipe Modification Goal Stress Management/Sleeping	Dietician
5	April 9th	Relaxation and Stress Management	PACE Exercise Physiologist
6	Oct 15th	Goal Review/Program Evaluation	PACE Exercise Physiologist

PACE MORNINGTON STUDIO 103 Main Street (Rear) : 59 736109

Session	Date	Topic	Presenter
1	Feb 16th	What is diabetes and how can I prevent it? Goal Setting	PACE Exercise Physiologist
2	March 2nd	Physical activity and Dietary Guidelines Fats, lipids, fibre Self assessment of eating and physical activity habits	PACE Exercise Physiologist
3	March 16th	Setting Physical Activity Goals Physical Activity diary	PACE Exercise Physiologist
4	March 30th	Label Reading, Recipe Modification/Health Eating Goal review Stress Management/Sleeping	Dietician
5	April 13th	Relaxation, Stress Management	PACE Exercise Physiologist
6	October 19th	Goal Review/Program Evaluation	PACE Exercise Physiologist

All participants will be encouraged to attend optional additional private exercise education and practical sessions throughout the course at PACE Exercise Physiology.

ENQUIRES email: ash@pacehm.com.au or visit www.pacehm.com.au