



2009 SCHEDULES:

PACE FRANKSTON STUDIO

8 Davey Street Frankston: 9770 6770

Session Number	Date	Topic	Presenter
1	Feb 5th	Introduction and what is pre-diabetes?	PACE Exercise Physiologist
2	Feb 19th	Physical activity and healthy weight	PACE Exercise Physiologist
3	March 5th	Introduction to healthy eating	Dietician
4	March 19th	Preventing Cardiovascular disease	PACE Exercise Physiologist
5	April 2nd	Staying motivated and positive	PACE Exercise Physiologist
6	April 30th	Stress management	PACE Exercise Physiologist
7	May 28th	Follow up session	PACE Exercise Physiologist

PACE MORNINGTON STUDIO

103 Main Street (Rear) : 59 736109

Session Number	Date	Topic	Presenter
1	Feb 9th	Introduction and what is pre-diabetes?	PACE Exercise Physiologist
2	Feb 23rd	Physical activity and healthy weight	PACE Exercise Physiologist
3	March 9th	Introduction to healthy eating	Dietician
4	March 23rd	Preventing Cardiovascular disease	PACE Exercise Physiologist
5	April 6th	Staying motivated and positive	PACE Exercise Physiologist
6	May 4th	Stress management	PACE Exercise Physiologist
7	June 1st	Follow up session	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