

Healthy Eating Workshop

WHO SHOULD ATTEND: Aboriginal Family Workers, Aboriginal Childcare workers, other Aboriginal workers who are working with Aboriginal families or communities.

WHAT'S IT ABOUT: A workshop based on the importance of healthy eating for Aboriginal families with a specific focus on children 0-5 years old. Also looking at diseases that are common in Aboriginal communities, giving workers an opportunity to gain knowledge on how diet can impact Aboriginal families and their health.

When: Thurs 13th May 2010

Time: 9.30am-4pm

Where: Anglicare
Kurrajong Ave Mt Drutt

LUNCH WILL BE PROVIDED
(Please specify any dietary requirements)

Course Code: AC20HEW

Learning Outcomes:

- Understand the benefits of healthy eating
- Increase knowledge on links between Aboriginal health and diet
- Increase in knowledge about the Five Food Groups for health
- Gain new ideas for healthy meals

Trainer:

Coralie Richmond

A Darug woman from the Mountains, with Bachelor of Education, Cert II in hospitality, Justice of the Peace as well as nearly 50 years working in schools. Coralie is dedicated to closing the gap in Aboriginal health.



Family Worker Training + Development Programme Inc
2009 TRAINING REGISTRATION FORM

Ph: (02) 9620-6172 Fax: (02) 9620 6173
www.fwtdp.org.au

Tax Invoice: ABN: 54 960 560 044
(All fees include GST)

Please complete ALL sections (even if it seems to be irrelevant) as incomplete forms might not be accepted. Please note that we cannot accept bookings via phone or email. This registration form is a **Tax Invoice** we **do not** issue receipts or other invoices.

Course Name: Healthy Eating (Aboriginal Workers)

Course Code: AC20HEW **Course Location:** Mt DrUITT

COST: \$60 NGO/\$120 Government

Attendee Name: _____

Current Role: _____

Gender: Female Male

Cultural Background: Aboriginal/Torres Strait Islander CALD or Other (Anglo)

Name of Organisation: _____

Work Postal Address: _____

Work Phone: _____ **Work Fax:** _____

Mobile: _____ **Work Postcode:** _____

EMAIL: _____ *(email must be provided)*

Organisation Type: (Please tick ✓)

- Families N.SW Project (Cumberland/Prospect)
- Families N.SW. Project (Nepean)
- Family Support Service
- Children's Service
- ACYFS Funded Project

- Better Futures
- SAAP
- Youth Service
- Govt (specify _____)
- Other (specify _____)

Payment Options:

1. **For Credit Card or Direct Debit go to:** www.fwtdp.org.au follow the links.
2. Send cheque or Money Order payable to FWTDP with registration form to:
PO Box 390, Seven Hills NSW 1730
3. **For Catering Arrangements and other Term & Conditions:**
www.fwtdp.org.au