

UNE Healthy Eating Support Group

As part of UNE's *Work Health and Wellbeing Program*, all members of the UNE community are invited to join the UNE Healthy Eating Support group. Five staff members attended the inaugural meeting of the Healthy Eating Support Group on 2 August. The format of the support group meetings is still open. A scale is provided for staff who want to weigh in. Last week the six staff who attended in addition to identifying sharing goals discussed a range of topics including the role of carbohydrates, family eating regimes and recipes. There is no membership fee for the Health Eating Support Group.

Date Every Monday
Time 1.00 - 1.45pm
Venue Clinical Tutorial Room Second floor (adjacent to foyer)
 C13 Health Building (Pat O'Shane building)



Ask yourself the following questions ;

- Are you interested in healthy eating?
- Would you like to swap recipes?
- Are you interested in discussing how to get your family to eat healthy food ?
- Have you reached your goal weight and want to maintain it?
- Are you looking for a FREE alternative(or addition) to Weightwatchers?
- Are you desperate to lose weight and have tried everything else?
- Do you want to establish a weekly weigh in routine?

If the answer is YES to any of the above questions the Healthy Eating (and lifestyle) Support Group may be of benefit to you . There is no cost to attend.

At this stage there is no format for the Healthy Eating Support Group. Staff are invited to come to the venue and talk with other like minded staff . There is no cost . This is a FREE UNE HR Work Health initiative

