

INTERESTED IN BECOMING A FOSTER CARER WITH DOCS?

An information session will be held on Wednesday 29th July at Mingara Recreational Club from 7pm—8pm. Carers can be single, married, in defacto relationships and of any nationality and culture. Please RSVP on 4352 6500 by 24.7.09.

PENINSULA WOMEN'S HEALTH CENTRE at 20A McMasters Rd., Woy Woy will be hosting the following workshops:

Happiness and Wellbeing—5th August, 30th September and 22nd October from 10.00am—12 noon. Gold coin donation.

Communicating with Confidence—Starts Thursday 20th August and finishes Thursday 24th September from 10am—12 noon, gold coin donation.

Phone 4342 5905 for bookings and more information.

KINCUMBER NEIGHBOURHOOD CENTRE are holding the "Kincumber Festival" on Saturday 19th September from 10am—2.30pm. Stall holders and volunteers are needed. Phone 4363 1044 for further information.

CANTEEN NEWS

- Do your children have healthy bones? It's Healthy Bones Week this week! Purchase a dairy product or include a dairy product in your wrap, roll or sandwich and you will receive a FREE sticker (see insert for dairy products available).
- Special thanks to all our volunteers for last week: Lee Davies, Leanne Neubauer, Leonie Leonard, Sally Brooks, Tracey Murray, Tanya Hunt, Gina Cartwright.
- This weeks roster:

Tue Aug 4	Karin Stockholm, Janelle Sykes
Wed Aug 5	Tracey Mitchell, Ngaire Hobbins
Thur Aug 6	Janet Griffin, Annette Parker
Fri Aug 7	Sharon Scriven, Lyn Gardiner
Mon Aug 10	Kylee Bakarich, Ruth Haseler
Tue Aug 11	Matylda Walton, Michelle Langthorne

Regards,
Kylie Hoskin.

**NUTRITIOUS
FOODS**

