

Limited numbers - secure your place by emailing bruce.molloy@communitysolutions.org.au

Please fill in form and return to: Bruce Molloy, Community Solutions, PO Box 631 Buddina QLD 4575;
email to: bruce.molloy@communitysolutions.org.au or bring along to the first session.

Dates/Times: Thursdays 9.30am - 12 noon – 1st June to 6th July for six weeks

Location: Eastbank Edible Garden, 96 Sportsmans Parade, Bokarina

Format: 2.5 hours comprising nutrition information session, gardening session and shared light meal

Contact: Bruce Molloy - Eastbank Edible Garden Coordinator. Ph: 5413 1512 or 0439 906 334

First Name: _____ Surname: _____

Gender: _____ Age: _____ Suburb: _____

Mobile: _____ Email: _____

Emergency contact: _____ Phone: _____

Do you have any food allergies or intolerances?

No Yes If yes, please advise: _____

Please indicate if you have experienced with any of the following conditions:

High blood pressure Diabetes Heart disease Overweight Arthritis

Other/s: _____

This program will involve 'light' physical activity when participating in gardening activities. Do you have any health conditions that will prevent you from being involved in bending, light lifting or physical activity?

No Yes If yes, please advise: _____

If yes, please supply a doctor's clearance certificate

How did you hear about the program?

Local paper Email My Doctor / Medical Centre Poster Other: _____

Medical Disclaimer

This program is not intended to provide diagnosis, medical treatment, or individual medical advice. Information and other content provided is of a general nature only and is based on generally accepted evidence based diet and lifestyle approaches. Please consult with a medical doctor or other healthcare professional regarding any medical or health related diagnosis or treatment options.

I acknowledge that I understand and agree to the above listed information:

Signature: