



Newtown Neighbourhood Centre Incorporated

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Nutrition and Exercise

(Updated November 2009)

Find a dietician	Dieticians Association of Australia	1/8 Phipps Close DEAKIN ACT 2600 1800 812 942	http://www.daa.asn.au
Dietician for children	Marrickville Community Centre	155-157 Livingstone Road Marrickville 2204 9562 0500	Free service for people in the Marrickville LGA

Community Exercise Groups

Group	Details	Cost
Massbug (Cycling Group)	342 Livingstone Road Marrickville 2204 Phone: 9294 5900 http://www.massbug.org.au	Yearly \$15 Individual \$20 Household \$10 Concession
Walking for pleasure	Ashfield WFP Club or Rozelle Ramblers WFP Club Phone: 9006 3700 http://www.dsr.nsw.gov.au	Free
Indigenous Swimming Program	Maroubra Swimming Club Ages 8-14 9006 3873 http://www.dsr.nsw.gov.au	Free
Thai Chi	Newtown Neighbourhood Centre Tuesday 1:00 -2:00pm	\$5 waged \$2.50 unwaged
Meditation	Newtown Neighbourhood Centre Wednesday 1:00-1:45pm	Donation
Gentle Exercise	Newtown Neighbourhood Centre Thursday 10:00-11:00am	\$4 casual \$3/ 10 weeks or more

