|  |  |  |  |
| --- | --- | --- | --- |
| **Theme** | **Activity** | **Area** | **Officer** |
| Physical Activity | 6 Week Zumba Class | Antrim | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Nutrition | Men’s Cook Book | Antrim | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Physical Activity | Active At All Ages | Toome | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
|  |  |  |  |
| Physical Activity | Back to Fun, Back to Fitness | Antrim | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Nutrition and Physical Activity | Eat Yourself Healthy | Antrim | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Nutrition and Physical Activity | Fun Fitness for Healthy Hearts | Antrim | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Physical Activity | A Step Forward (Dance Classes) | Antrim | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Physical Activity | Happiness Through Dancing | Antrim | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
|  |  |  |  |
| Nutrition | Cook It and Xmas Party | Carrickfergus | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Physical Activity | Promoting Activity | Carrickfergus | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Nutrition | Community Champion Training | Carrickfergus | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Nutrition | Sense Healthy Living Group | Carrickfergus | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
|  |  |  |  |
| Nutrition | My Life, My Health | Newtownabbey | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |
| Nutrition | Good Oral Health | Newtownabbey | Anne Thompson  Tel: 028 9447 8645  Email: [anne@southantrimcommunitynetwork.org](mailto:anne@southantrimcommunitynetwork.org) |