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