

Living Well

Sunshine Coast

Free programs to help you live well



Proudly supported by
Active & Healthy Communities and Sunshine Coast Libraries

Sunshine Coast
Regional Council


Eat Well Be Active®

 Queensland
Government

www.library.sunshinecoast.qld.gov.au

Basic backyard permaculture

Learn how to use permaculture techniques to design your own veggie garden.

Location	Date & Time	Bookings
Nambour Library	9 February 2-3.30pm	5441 8332
Kawana Library	16 February 2-3.30pm	5444 8022
Cooroy Butter Factory	18 February 10-11.30am	5472 0222
Caloundra Library	24 February 10-11.30am	5491 1255
Beerwah Library	24 February 2-3.30pm	5494 0221
Maroochydore Library	3 March 2.30-4pm	5475 8900
Maleny Library	10 March 1.30-3pm	5429 6222
Coolum Library	24 March 10-11.30am	5446 3122

Worm farming and composting

Learn how to set up a worm farm and make compost to create healthy soil for your garden

Location	Date & Time	Bookings
Maleny Community Centre	16 January 9.30-11.30am	5429 6222

Worm farming

Location	Date & Time	Bookings
Nambour Library	23 March 10-11.30am	5441 8332
Kawana Library	9 February 12-1.30pm	5444 8022
Caloundra Library	2 February 10-11.30am	5491 1255
Beerwah Library	3 February 3-4.30pm	5494 0221
Coolum Library	30 March 11.30am - 1pm	5446 3122

Composting

Location	Date & Time	Bookings
Nambour Library	23 March 12-1.30pm	5441 8332
Kawana Library	9 February 2-3.30pm	5444 8022
Caloundra Library	2 February 12-1.30pm	5491 1255
Beerwah Library	3 February 1-2.30pm	5494 0221
Maleny Library	17 February 1.30 - 3pm	5429 6222
Coolum Library	30 March 9.30-11 am	5446 3122
Noosa Library	30 March 2-3.30pm	5442 4411

Community gardens

Learn how to set up a community garden in your community.

Location	Date & Time	Bookings
Nambour Library	9 March 10 - 11.30am	5441 8332
Cooroy Butter Factory	25 February 10am	5472 0222
Caloundra Library	6 April 10 - 11.30am	5491 1255
Chancellor State College, Sippy Downs	8 March 6 -7.30pm	5444 8022
Maroochydore Library	25 March 6 - 7.30pm	5475 8900
Interact Australia, Ballinger Rd Buderim	6 March 10 - 11.30am	5444 8022

Healthy eating for families on a budget

Renowned French Chef, Laurent Vancam will show you how to prepare low cost, healthy recipes

Location	Date & Time	Bookings
Lake Kawana Centre, Sportsman Pde Bokarina	24 February 6-8pm	5437 1170

Indigenous bush tucker

Learn how traditional food can keep you healthy

Location	Date & Time	Bookings
Nambour Library	16 March 10-11am	5441 8332
Kawana Library	5 March 10-11am	5444 8022
Caloundra Library	23 March 10-11am	5491 1255
Noosa Library	18 March 4-5pm	5442 4411

Create your own veggie patch

With award-winner Rosina Buckman

Location	Date & Time	Bookings
Nambour Library	23 February 10-11.30am	5441 8332
Kawana Library	19 February 10-11.30am	5444 8022
Cooroy Butter Factory	4 March 10-11.30am	5472 0222
Caloundra Library	13 April 10-11.30am	5491 1255
Beerwah Library	3 March 2-3.30pm	5494 0221
Maroochydore Library	10 February 2.30-4pm	5475 8900
Maleny Library	24 February 9.30 - 11am	5429 6222
Coolum Library	9 February 10-11.30am	5446 3122
Noosa Library	9 February 2-3.30pm	5442 4411

Parent n Toddler sports

Combine a fun physical activity program and picnic in the park with story-time.
For children 2-6 years and their carers. BYO picnic and rug.

Location	Date & Time	Bookings
Kawana Library	25 February 10-11am	5444 8022
Caloundra Library	10 February 10-11am	5491 1255
Beerwah Library	23 February 10-11am	5494 0221
Maroochydore Library	25 March 9.30-10.30am	5475 8900
Coolum Library	11 March 9.30-10.30am	5446 3122

Sports fun for all of the family

Join in fun physical activities catering for all members of the family, from babies to grandparents

BYO hat, sunscreen and drink. Bookings not required
Central Park, Caloundra - 19 January 9-10am

Changing habits, Changing Lives

Learn how to change your habits and eat healthier

Location	Date & Time	Bookings
Maleny Library	3 March 1.30 - 3.30pm	5429 6222
Noosa Library	10 February 6.30-8.30pm	5442 4411

Nurturing the future - breastfeeding

Learn about the value of breastfeeding

Location	Date & Time	Bookings
Maleny Library	17 March 1pm	5429 6222

Grow your own food in small spaces

Grow your own veggies on your balcony or courtyard

Location	Date & Time	Bookings
Maroochydore Library	24 February 2.30-4pm	5475 8900