

Haven Unchallenge

2023

SCHEDULE

Wed 5th Jul 7.15pm Intention Setting Session

Set your intentions for your Unchallenge!

Tues 11th Jul 6pm

Tuning into your Hunger and Fullness: Interactive Workshop with Nutritionist Nina

Sat 16th Jul 5.30pm

Movie Night in the Yoga room theatre!

Tues 18th Jul 6pm

Unfuck Your Eating: An Intro to Intuitive Eating - Talk Dietitian Leanne

Sat 22nd Jul 7am

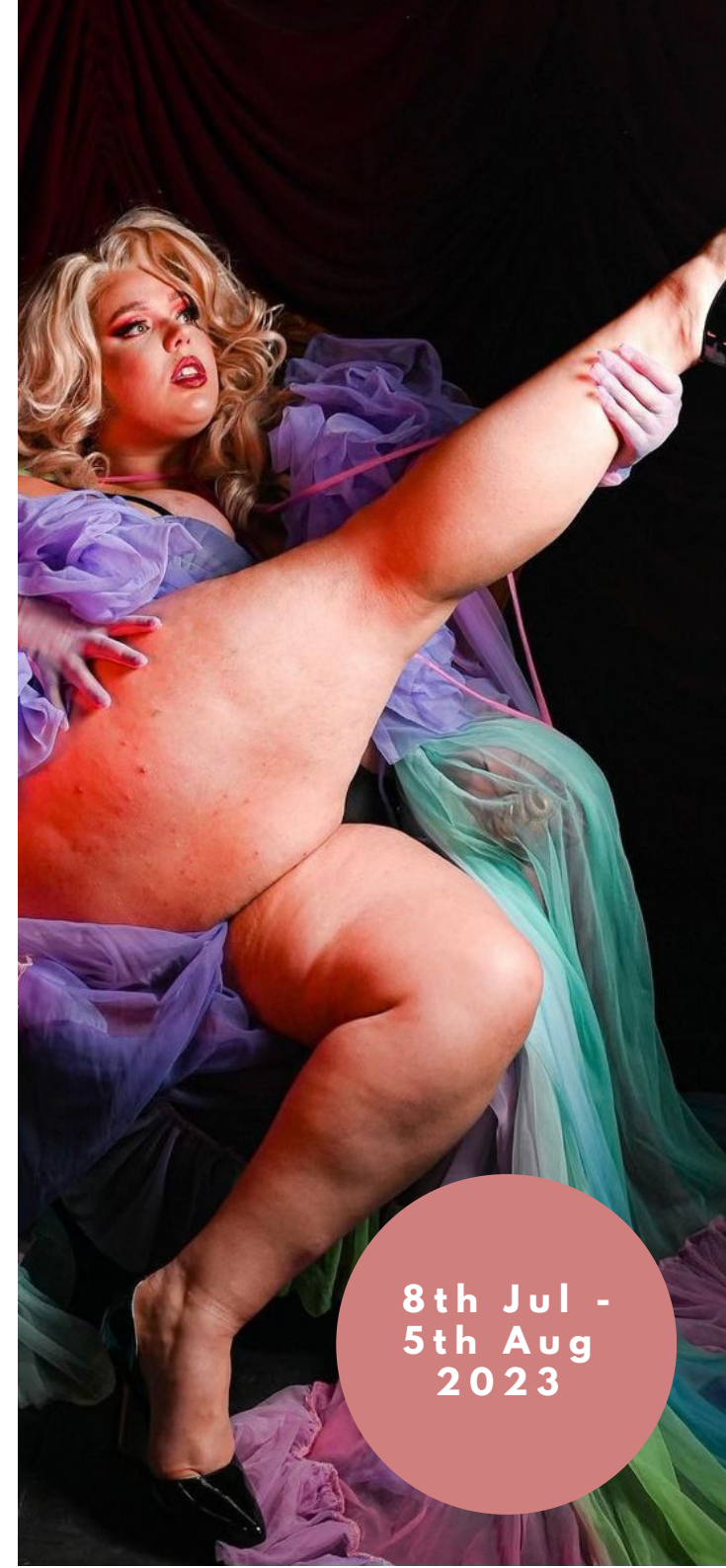
Haven Hikers Monthly Bushwalk

Sun 30th Jul 5.30pm

Local social dinner post- Unwind class

Sat 5th Aug 5pm

Social Trivia & Unchallenge Wrap + prizes!



8th Jul -
5th Aug
2023