**FEILDING GREEN PRESCRIPTION**

**LIFESTYLE PROGRAMME – DAY CLASS**

Supporting people to lead a healthier lifestyle through group support, physical activity and healthy eating.

**Venue:** St Pauls Church Lounge (Cr Grey and Aorangi Street)

Gold coin donation

**Term 1:** February - April 2023

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| **Monday** | **Feb 2nd**  | **Feb 9th**  | **Feb 16th**  | **Feb 23rd**  | **March 2nd**  | **March 9th**  | **March 16th**  | **March 23rd**  | **March 30th**  | **April 6th**  |
| **9.45am** | **CLASS FOCUS**Welcome/ GRx journals/goal setting/ tips on getting startedThink Hauora – Here Toitū | **CLASS FOCUS**‘Keeping independent and safe at home’Presenter: Lesley and Kate (Enable/Easie Living) | **CLASS FOCUS**Heart Health‘Know your numbers’Presenters: Jessica (Heart Foundation) | **CLASS FOCUS**‘Getting a good night’s sleep’:Presenter: Shirley Shapleski (Kauri Health Care Sleep Clinic) | **CLASS FOCUS**Healthy Living with DiabetesPresenter: Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**Healthy eatingPresenter: Kristen (Dietitian @ The Diabetes Trust) | **CLASS FOCUS**Stroke AwarenessPresenter: Nicola (Stroke Central) | **CLASS FOCUS**Managing and living well with Arthritis | **CLASS FOCUS**Cancer SocietyPresenter: Rahel | **CLASS FOCUS****GRADUATION!***Evaluation and reflection* |
| **10.30am** | LET’S GET ACTIVE! Gym, Walking, Aqua Exercise, Sit and Be Fit (Resistance Bands held at 9.15am prior to class discussion) |  |
| **11:15am** | Activities wrap up |  |

