**Text

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**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 started  Think 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 Diabetes  Presenter: Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**  Healthy eating  Presenter: Kristen (Dietitian @ The Diabetes Trust) | **CLASS FOCUS**  Stroke Awareness  Presenter: Nicola (Stroke Central) | **CLASS FOCUS**  Managing and living well with Arthritis | **CLASS FOCUS**  Cancer Society  Presenter: 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 | | | | | | | | |  |

