**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:** Levin Aquatic Centre

Gold coin donation

**Term 1:** January - April 2023

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| **Monday** | **Jan 30th** | **Feb 6th** | **Feb 13th** | | **Feb 20th** | **Feb 27th** | **March 6th** | **March 13th** | **March 20th** | **March 27th** | **April 3rd** |
| **11am** | **CLASS FOCUS**  Welcome/ GRx journals/goal setting/ tips on getting started  Think Hauora – Here Toitū | **CLASS FOCUS**  NO CLASS  Waitangi Day Holiday | **CLASS FOCUS**  ‘Keeping independent and safe at home’  Presenter: Lesley and Kate (Enable/Easie Living)  Earlier start time of 10.45am | | **CLASS FOCUS**  Healthy Living with Diabetes  Presenter:  Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**  ‘Healthy eating’ choices  Presenter:  Clare (Think Hauora Dietitian) | **CLASS FOCUS**  Heart Health  ‘Know your numbers’  *Presenter:*  Jessica  (Heart Foundation) | **CLASS FOCUS**  Cancer Society  *Presenter:*  Rahel | **CLASS FOCUS**  Managing and living well with Arthritis | **CLASS FOCUS**  STROKE Awareness  Presenter: Kate (Stroke Central) | **CLASS FOCUS**  **GRADUATION!**  *Evaluation and reflection* |
| **11.30am** |  | | | LET’S GET ACTIVE! Walking, Aqua Exercise, Sit and Be Fit (Resistance Bands) | | | | | | | |
| **12:15am** |  | | | Activities wrap up | | | | | | | |

