**LEVIN GREEN PRESCRIPTION**

**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 startedThink Hauora – Here Toitū | **CLASS FOCUS**NO CLASSWaitangi 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 DiabetesPresenter: Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**‘Healthy eating’ choicesPresenter: 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 AwarenessPresenter: 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 |

