**PALMERSTON NORTH GREEN PRESCRIPTION**

**LIFESTYLE PROGRAMME – DAY CLASS**

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

**Venue:** Rose City Aquatic Clubrooms, Lido Aquatic Centre, Park Road

Gold coin donation

**Term 1:** January - April 2023

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| **Tuesday** | **Jan 31st**  | **Feb 7th**  | **Feb 14th**  | **Feb 21st**  | **Feb 28th**  | **March 7th**  | **March 14th**  | **March 21st**  | **March 28th**  | **April 4th**  |
| **10.15am** | **CLASS FOCUS**Welcome/ GRx journals/goal setting/ tips on getting startedThink Hauora – Here Toitū | **CLASS FOCUS**Heart Health‘Know your numbers’.Stroke awarenessPresenters: Jessica and Nicola (Heart Foundation / Stroke Central) | **CLASS FOCUS**Healthy Living with DiabetesPresenter: Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**Healthy eatingPresenter: Kristen (Dietitian, Diabetes Trust) | **CLASS FOCUS**‘Getting a good night’s sleep’:Presenter: Shirley Shapleski (Kauri Health Care Sleep Clinic) | **CLASS FOCUS**‘Keeping independent and safe at home’Presenter: Lesley and Kate (Enable/Easie Living) | **CLASS FOCUS**Cancer SocietyPresenter: Rahel | **CLASS FOCUS**Managing and living well with Arthritis | **CLASS FOCUS**‘Identifying and managing psychological barriers to lifestyle change’Presenter: Massey University Psychology team | **CLASS FOCUS****GRADUATION***Evaluation and reflection* |
| **11am** |  | LET’S GET ACTIVE! Gym, Walking, Aqua Exercise, Sit and Be Fit (Resistance Bands) |
| **11:45am** |  | Activities wrap up Please turn over for PN Evening class schedule |

**NOTE: March 28th – Class will start at an earlier start time of 9.30am \*\*\*\*\*\*\*\*\***

 **MARCH 21st – Class will be at the Red Sox Clubrooms (due to an event at the Lido) 916 Tremaine Avenue, Roslyn**

**PALMERSTON NORTH GREEN PRESCRIPTION**

**LIFESTYLE PROGRAMME – EVENING CLASS**

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

**Venue:** Rose City Aquatic Clubrooms, Lido Aquatic Centre, Park Road

Gold coin donation

**Term 1:** February - April 2023

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| **Thursday** | **Feb 2nd**  | **Feb 9th**  | **Feb 16th**  | **Feb 23rd**  | **March 2nd**  | **March 9th**  | **March 16th**  | **March 23rd**  | **March 30th**  | **April 7th**  |
| **6.15pm** | **CLASS FOCUS**Welcome/ GRx journals/goal setting/ tips on getting startedThink Hauora – Here Toitū | **CLASS FOCUS**Cancer SocietyPresenter: Rahel | **CLASS FOCUS**Heart Health‘Know your numbers’Presenter: Mariana (Heart Foundation)  | **CLASS FOCUS**‘Getting a good night’s sleep’Presenter: Shirley Shapleski (Kauri Health Care Sleep Clinic) | **CLASS FOCUS**‘Time to Screen’Presenter: National Bowel Screening Programme | **CLASS FOCUS**Healthy Living with DiabetesPresenter: Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**Healthy eatingPresenter: Kristen (Dietitian @ The Diabetes Trust) | **CLASS FOCUS**Cooking Demo | **CLASS FOCUS**Managing and living well with Arthritis | **CLASS FOCUS****GRADUATION!***Evaluation and reflection* |
| **6.45pm** |  | LET’S GET ACTIVE! Gym, Walking, Aqua Exercise, Sit and Be Fit (Resistance Bands) |
| **7.30pm**  |  | Activities wrap up |

NOTE: If you would like to participate in a CLM Aqua Aerobics Class (low to mid intensity workout) on a Thursday evening (during the class term), you are welcome to attend the ‘KickFit’ class that they have scheduled at 5.30pm. *Please note: You need to pre-register for this class. Call Lido @ 06 357 2684. On the night check in with a GRx staff member at the main reception*

