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**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 started  Think Hauora – Here Toitū | **CLASS FOCUS**  Heart Health  ‘Know your numbers’.  Stroke awareness  Presenters: Jessica and Nicola (Heart Foundation / Stroke Central) | | **CLASS FOCUS**  Healthy Living with Diabetes  Presenter: Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**  Healthy eating  Presenter: 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 Society  Presenter: 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**

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**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 started  Think Hauora – Here Toitū | **CLASS FOCUS**  Cancer Society  Presenter: 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 Diabetes  Presenter: Jacqui Thompson (Diabetes Trust) | **CLASS FOCUS**  Healthy eating  Presenter: 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*

