**FEILDING GREEN PRESCRIPTION**

**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 2024

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| **Thursday**  | **Feb 1st**  | **Feb 8th**  | **Feb 15th**  | **Feb 22nd**  | **Feb 29th**  | **March 7th**  | **March 14th**  | **March 21st**  | **March 28th**  | **April 4th**  |
| **9.45am** | **CLASS FOCUS**Welcome/ GRx journals/goal setting/ tips on getting startedThink Hauora – Here Toitū | **CLASS FOCUS**‘Identifying and managing psychological barriers to lifestyle change’.Presenter: Massey University Psychology team (Joanna) | **CLASS FOCUS**Heart Health‘Know your numbers’.Presenters: Heart Foundation | **CLASS FOCUS**‘Time to Screen’Presenter: Michael(National Bowel Screening Programme) | **CLASS FOCUS**Stroke AwarenessPresenter: Nicola (Stroke Foundation) | **CLASS FOCUS**‘Keeping independent and safe at home’.Presenter: Lesley (Enable/Easie Living) | **CLASS FOCUS**Te Ara Rau Access & Choice Service – Mental Wellbeing and Addiction SupportPresenters: Lydia and Shay | **CLASS FOCUS**Healthy Living with DiabetesPresenter: Penny (Diabetes Trust) | **CLASS FOCUS**‘Healthy eating’ choicesPresenter: Diabetes Trust | **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 |  |

Feb 8th – Resistance Bands 9-9.30am. Educational Segment 9.30am – 10.30am

