**Text

Description automatically generated with medium confidenceFEILDING 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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 started  Think 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 Awareness  Presenter: 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 Support  Presenters: Lydia and Shay | **CLASS FOCUS**  Healthy Living with Diabetes  Presenter: Penny (Diabetes Trust) | **CLASS FOCUS**  ‘Healthy eating’ choices  Presenter:  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

