**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 2024

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| **Monday** | **Jan 29th**  | **Feb 5th**  | **Feb 12th**  | **Feb 19th**  | **Feb 26th**  | **March 4th**  | **March 11th**  | **March 18th**  | **March 25th**  | **April 1st**  | **April 8th**  |
| **11am** | **CLASS FOCUS**Welcome/ GRx journals/goal setting/ tips on getting startedThink Hauora – Here Toitū | **CLASS FOCUS**Heart Health‘Know your numbers’.Presenter: Heart Foundation | **CLASS FOCUS**STROKE AwarenessPresenter: Kate (Stroke Foundation) | **CLASS FOCUS****NO CLASS** | **CLASS FOCUS**TE Ara Rau Access & Choice Service – Mental Wellbeing and Addiction Support Presenter: Debs | **CLASS FOCUS**‘Keeping independent and safe at home’Presenters: Lesley and Kate (Enable/Easie Living)Earlier start time of 10.45am | **CLASS FOCUS**‘Time to Screen’Presenter: Michael(National Bowel Screening Programme) | **CLASS FOCUS**‘Healthy eating’ choicesPresenter: (Diabetes Trust) | **CLASS FOCUS**Healthy Living with DiabetesPresenter: Penny (Diabetes Trust) | **No Class**EASTER MONDAY | **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 |  |

