**Text

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**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 started  Think Hauora – Here Toitū | **CLASS FOCUS**  Heart Health  ‘Know your numbers’.  Presenter:  Heart Foundation | **CLASS FOCUS**  STROKE Awareness  Presenter: 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’ choices  Presenter:  (Diabetes Trust) | **CLASS FOCUS**  Healthy Living with Diabetes  Presenter: 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 | | | | | | | |  |

