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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 4:** January - April 2024

|  |  |  |  |  |  |  |  |  |  |  |  |
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| **Tuesday** | **Jan 30th** | **Feb 6th** | **Feb 13th** | **Feb 20th** | **Feb 27th** | **March 5th** | **March 12th** | **March 19th** | **March 26th** | **April 2nd** | **April 9th** |
| **10.15am** | **CLASS FOCUS**  Welcome/ GRx journals/goal setting/ tips on getting started!  Think Hauora – Here Toitū | **CLASS FOCUS**  NO CLASS  Waitangi Day | **CLASS FOCUS**  ‘Identifying and managing psychological barriers to lifestyle change’.  Presenter: Massey University Psychology team  (Sarah &Tamyra) | **CLASS FOCUS**  ‘Time to Screen’  Presenter: Michael (National Bowel Screening Programme) | **CLASS FOCUS**  Heart Health  ‘Know your numbers’  Presenters: Heart Foundation | **CLASS FOCUS**  ‘Getting a good night’s sleep’  Presenter: Shirley Shapleski (Kauri Health Care Sleep Clinic) | **CLASS FOCUS**  Healthy Living with Diabetes  Presenter: Penny (Diabetes Trust) | **CLASS FOCUS**  Healthy eating  Presenter:  (Dietitian, Diabetes Trust) | **CLASS FOCUS**  Stroke awareness  Presenters: Nicola (Stroke Foundation) | **CLASS FOCUS**  Managing and living well with Arthritis | **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: Feb 13th – Class will start at an earlier start time of 9.30am**

**March 19th – Class will be held at the Red Sox Clubrooms** 916 Tremaine Avenue, Roslyn, Palmerston Nort**h April 2nd: Class will be held in the Chill Out Room just inside the Lido reception**

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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 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** |
| **6.15pm** | **CLASS FOCUS**  Welcome/ GRx journals/goal setting/ tips on getting started!  Think Hauora – Here Toitū | **CLASS FOCUS**  Heart Health  ‘Know your numbers’.  Presenter: Mariana (Heart Foundation) | | **CLASS FOCUS**  Healthy eating  Presenter:  (Dietitian, Diabetes Trust) | **CLASS FOCUS**  Healthy Living with Diabetes  Presenter: (Diabetes Trust) | **CLASS FOCUS**  ‘Time to Screen’  Presenter:  Michael (National Bowel Screening Programme) | **CLASS FOCUS**  ‘Getting a good night’s sleep’:  Presenter: Shirley Shapleski (Kauri Health Care Sleep Clinic) | **CLASS FOCUS**  Stroke awareness  Presenter: Nicola (Stroke Foundation) | **CLASS FOCUS**  Reading Food Labels  Supermarket Guide  Looking at fat/sugar content of typical NZ food choices | CLASS FOCUS  Cooking Demo | **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 Aquaerobics class that they have scheduled at 6:00pm. *Please note: You need to pre-register for this class. Call Lido @ 06 357 2684. On the night check in with GRx after your aqua.*

