**PALMERSTON NORTH GREEN PRESCRIPTION**

**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 DiabetesPresenter: Penny (Diabetes Trust) | **CLASS FOCUS**Healthy eatingPresenter:(Dietitian, Diabetes Trust) | **CLASS FOCUS**Stroke awarenessPresenters: 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**

**PALMERSTON NORTH GREEN PRESCRIPTION**

**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 eatingPresenter:(Dietitian, Diabetes Trust) | **CLASS FOCUS**Healthy Living with DiabetesPresenter: (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 awarenessPresenter: Nicola (Stroke Foundation) | **CLASS FOCUS**Reading Food LabelsSupermarket GuideLooking at fat/sugar content of typical NZ food choices | CLASS FOCUSCooking 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.*

