


Onehunga Green Prescription Nutrition & Wellbeing Programme

“Inspiring our communities to live healthy and active lives”

Delivered at the Onehunga Community Centre (83 Church St, Onehunga)

Thursday 10.30am - 11.30am

July – September 2020

Thursday 23 rd July	Thursday 30 th July	Thursday 6 th August	Thursday 13 th August	Thursday 20 th August	Thursday 27 th August	Thursday 3 rd Sept	Thursday 10 th Sept	Thursday 17 th Sept	Thursday 24 th Sept
<p>Goal Setting</p> <p>Turn your goal into a proactive plan and make life long changes</p> <p><i>*Optional*</i></p> <p>Weigh in will be taken to track your progress</p>	<p>Stretch session using exercise bands</p> <p>Light exercise and stretches that can be done at home to relieve tightness and aches</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Arthritis</p> <p>Learn about arthritis including ways to manage it and improve the symptoms from gout, rheumatoid and osteoarthritis</p> <p><i>Presenter: Paula (Arthritis NZ)</i></p>	<p>Food label reading</p> <p>Learn how to de-code food labels and find out which products are best to buy to make health eating easy and affordable</p>	<p>Enjoy your Greens!</p> <p>Learn how we can make healthy eating more affordable and reduce waste by growing your own greens, sprouts & making green smoothies</p> <p><i>Presenter: Richard (Gardens 4 Health)</i></p>	<p>Love your heart</p> <p>Interactive session about heart health, what can go wrong and how we can best look after our heart</p> <p><i>Presenter: Nicky (Heart Foundation)</i></p> <p>FREE Blood Pressure Reading Van here today 9am-12pm</p>	<p>Dance therapy</p> <p>Enjoy the benefit movement, mindfulness and talking brings to support positive wellbeing. Leave feeling uplifted!</p> <p><i>Presenter: (Dance & Arts Therapy)</i></p>	<p>Debunking food trends and myths</p> <p>Join our dietitian as we investigate common food trends/diets and best approach to health and wellness</p> <p><i>Presenter: Reishma (Registered Dietitian)</i></p>	<p>Home-based body weight exercises</p> <p>Develop a home-based exercise routine using just your bodyweight. All ages and fitness levels welcome.</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Health Quiz review & Graduation</p> <p>Let's see how much we retained from all the great sessions this term with a health education quiz</p> 

Join us on Thursdays at 9.30am for an Aqua Aerobics class (just \$3 with your GRx ID Card) at Onehunga War Memorial Pools

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