

MANUREWA GREEN PRESCRIPTION

Nutrition and Wellbeing Programme

“Inspiring our communities to live healthy and active lives”

All sessions are held at Te Matariki Clendon Library and Community Centre, 17 Palmers Road.

Thursday 11am – 12pm

July - September 2020

23 rd July	30 th July	6 th Aug	13 th Aug	20 th Aug	27 th Aug	3 rd Sep	10 th Sep	17 th Sep	24 th Sep
<p>Get Started with Healthy Eating</p> <p>Today we focus on food groups & portions to understand the basics of eating well</p>	<p>Arthritis</p> <p>Learn about arthritis including ways to manage it and improve the symptoms from gout, rheumatoid and osteoarthritis</p> <p>Presenter: Paula (Arthritis NZ)</p>	<p>Living Well With Diabetes</p> <p>Learn about the types of diabetes, risk factors, self-monitoring & eating well to manage your Diabetes.</p> <p>FREE Blood Pressure Reading Van here today 10.00am - 1.00pm (Stroke Foundation)</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>Presenter: Nicky (Heart Foundation)</p>	<p>Shop smart with food label reading</p> <p>Learn how to decode food labels to make healthy eating easy and more affordable</p> <p>Presenter: Brooke (Sport Auckland)</p>	<p>Eat well for less</p> <p>Practical tips for healthy, low-cost meals and shopping for large families</p> <p>Presenter: Reishma (Registered Dietitian)</p>	<p>Simple Chair Yoga</p> <p>Relax with gentle chair yoga to enhance flexibility followed by 10 min guided meditation</p> <p>Presenter: Dance & Arts Therapy</p>	<p>Dance therapy</p> <p>Enjoy the benefit movement, mindfulness and talking brings to support positive wellbeing. Leave feeling uplifted!</p> <p>Presenter: Dance & Arts Therapy</p>	<p>Walk at Botanical Gardens</p> <p>Join us for a leisurely walk at the Botanical Gardens while you mix and mingle with others in the group. Whanau welcome.</p>	<p>Walk at Totara Park</p> <p>Join us for a walk at Totara park. Walk at your own pace while enjoying nature. Whanau welcome.</p>

Join our walking group every THURSDAY at 10:15 am. Meet at the Clendon Community Centre (reception area)

Low impact exercise class every MONDAY and THURSDAY at 12- 1pm at Clendon Community Centre (Gold coin)