

Thursday 10:30am-11:30am

July – October 2020

Thurs 23 rd July	Thurs 30 th July	Thurs 6 th August	Thurs 13 th August	Thurs 20 th August	Thurs 27 th August	Thurs 3 rd September
<p>Planning for success</p> <p>Planning for success by setting some SMART goals. Also, relax with chair yoga</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Home-Based Exercises</p> <p>Learn easy low-impact home-based workouts with no equipment</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Sprouts & Micro-greens</p> <p>Save money on healthy food by growing your own greens!</p> <p>Presenter: Hari (Gardens 4 Health)</p>	<p>Arthritis</p> <p>Learn about Arthritis and ways to manage and improve the symptoms from gout, rheumatoid and osteoarthritis</p> <p>Presenter: Paula (Arthritis NZ)</p>	<p>Healthy Heart</p> <p>Interactive session about heart health, what can go wrong and how we can look after our hearts</p> <p>Presenter: Nicky (Heart Foundation)</p> <p>FREE Blood Pressure Reading Van here today!</p>	<p>Mindful Eating</p> <p>Let’s listen to what our bodies are telling us. Learn why we eat & develop strategies to overcome challenging situations around food</p>	<p>No session this week.</p> <p>Next programme starts Thursday 10th September</p>
Thurs 10 th September	Thurs 17 th September	Thurs 24 th September	Thurs 1 st October	Thurs 8 th October	Thurs 15 th October	Thurs 22 th October
<p>Planning for success</p> <p>Planning for success by setting some SMART goals. Also, relax with chair yoga</p> <p><i>Please wear comfortable attire, bring water & towel</i></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>Healthy Eating for pain & inflammation</p> <p>Learn which foods can increase aches and pains and which foods assist in reducing inflammation.</p> <p>Presenter: Reishma (Registered Dietitian)</p>	<p>Home Based Exercises</p> <p>Learn easy low-impact home-based workouts with no equipment.</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Shop smart by reading food labels</p> <p>Learn how to decode food labels to make healthy eating easy and more affordable</p>	<p>Mindful Eating</p> <p>Let’s listen to what our bodies are telling us. Learn why we eat & develop strategies to overcome challenging situations around food</p>	<p>Join us for a walk at Lloyd Elsmore</p> <p>Walk at your own pace while enjoying nature and one another’s company. Whanau welcome.</p>

Join us for a walk every Thursday! Meet outside the Highland Park Library, 16 Highland Park Dr. 9:30am-10:00am (all levels welcome).

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