

Wednesday 10-11am

July – October 2020

Wednesday 22 nd July	Wednesday 29 th July	Wednesday 5 th August	Wednesday 12 th August	Wednesday 19 th August	Wednesday 26 th August	Wednesday 2 nd September
<p>Planning for Success & Label Reading</p> <p>Set goals, make a proactive plan and start on the path of life-long changes.</p> <p>Also let's learn how to decode food labels and find out which products are best to buy</p>	<p>Healthy Eating made Simple</p> <p>A session on food groups, portions and meal planning</p>	<p>Home-Based Exercise</p> <p>No gym? No problem! You can work out at home.</p> <p>Develop a Home-based exercise routine</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Stress & Anxiety</p> <p>Understand anxiety, stress triggers and ways to manage these</p>	<p>Top Tips for a Healthier You</p> <p>Top tips for a healthy weight, better sleep and overall wellness</p> <p>Presenter: Reishma (Registered Dietitian)</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>FREE Blood Pressure Reading Van here today!</p>	<p>Walk the Park</p> <p>Let's keep on track and head out for a walk.</p> <p>Walk at your own pace while enjoying nature.</p> <p>Whanau welcome.</p> <p>Leaving from Tri Star at 10am</p>
Wednesday 9 th September	Wednesday 16 th September	Wednesday 23 rd September	Wednesday 30 th September	Wednesday 7 th October	Wednesday 14 th October	Wednesday 21 st October
<p>Planning for Success</p> <p>Planning for success by setting some SMART goals.</p> <p>Also, relax with chair yoga</p> <p><i>Please wear comfortable attire, bring water & towel</i></p>	<p>Mindful Eating</p> <p>Listen to what our bodies are telling us, learn why we eat & develop strategies to overcome challenging situations around food</p>	<p>Arthritis</p> <p>Learn about arthritis including ways to manage it and improve symptoms of gout, rheumatoid and osteoarthritis</p> <p>Presenter: Paula (Arthritis NZ)</p>	<p>Living Well with Diabetes</p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes</p> <p>Presenter: Auckland PHO</p>	<p>Sprouts & Micro-greens</p> <p>Save money on healthy food by growing your own greens!</p> <p>Presenter: Richard (Gardens 4 Health)</p>	<p>Cook'n Kiwi</p> <p>2-hour session: 10.00am -12.00pm</p> <p>Let's prepare healthy, affordable food which we can recreate for our families</p> <p>Presenter: Joanna (Cook'n Kiwi, Diabetes Foundation Aoteroa)</p>	<p>Walk the Park</p> <p>Let's keep on track and head out for a walk.</p> <p>Walk at your own pace while enjoying nature.</p> <p>Whanau welcome.</p> <p>Leaving from Tri Star at 10am</p>

Join us for exercise after the wellbeing session, next door at Cameron Pool, \$5 per session.

Supervised gym session, Wednesday 11am – 12pm

or, head along to the Aqua Aerobics session (also Wednesday), 11am-12pm