

## Tamaki Green Prescription Nutrition and Wellbeing Programme

*“Inspiring our communities to live healthy and active lives”*

Delivered at the Tamaki Recreation Centre, 60 Elstree Avenue, Glen Innes

**Tuesday 10:30-11:30am**

**July – September 2020**

21 <sup>st</sup> July	28 <sup>th</sup> July	4 <sup>th</sup> August	11 <sup>th</sup> August	18 <sup>th</sup> August	25 <sup>th</sup> August	1 <sup>st</sup> September	8 <sup>th</sup> September	15 <sup>th</sup> September	22 <sup>nd</sup> September
<p><b>Planning for success</b></p> <p>Let’s chat and get started on the roa Meet some like-minded people as we set goals towards building a healthier lifestyle</p>	<p><b>Which exercise is best for me?</b></p> <p>Everyone has different needs, so let’s look at exercise options that are suited for your capabilities</p>	<p><b>Heart to Heart</b></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><b>FREE Blood Pressure Reading Van here today</b> 9.30am-12.30pm</p>	<p><b>Healthy eating for weight management</b></p> <p>Join our dietitian to discuss the top tips to lose or maintain a healthy weight.</p> <p><i>Presenter: Reishma (Registered Dietitian)</i></p>	<p><b>Low impact exercise</b></p> <p>Learn more about low impact exercise options – who it is best suited for and how can we progress these activities or movements</p>	<p><b>Living well with Diabetes</b></p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes</p>	<p><b>Debunk food myths/diet</b></p> <p>We look into popular diets, bust nutrition myths and learn about supplements and their use</p> <p><i>Presenter: Reishma (Registered Dietitian)</i></p>	<p><b>Dance Therapy</b></p> <p>Enjoy the benefit movement, mindfulness and talking brings to support positive wellbeing</p> <p><i>Presenter: Dance Therapy</i></p>	<p><b>Arthritis</b></p> <p>Learn about gout, rheumatoid and osteoarthritis including ways to manage pain and other symptoms</p> <p><i>Presenter: Paula (Arthritis NZ)</i></p>	<p><b>Cook’n Kiwi</b></p> <p><b>2-hour session: 10.30am - 12.30pm</b></p> <p>Let’s prepare healthy, affordable food which we can recreate for our families</p> <p><i>Presenter: Joanna (Cook’n Kiwi, Diabetes Foundation Aoteroa)</i></p>

**Join us for weekly exercise sessions at the Tamaki Recreation Centre for \$5 per session.**

**Beginners only (in fitness suite): Tuesday 9:30am – 10:15am**

**Beginners + Graduate card holders (in Community Room): Thursday from 9:30am - 10:15am**

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