


Avondale Green Prescription Nutrition & Wellbeing Programme

“Inspiring our communities to live healthy and active lives”

Delivered at the Avondale Community Centre, 99 Rosebank Rd, Avondale

Monday – 10am – 11am

July – September 2020

20 th July	27 th July	3 rd August	10 th August	17 th August	24 th August	31 st August	7 th Sept	14 th Sept	21 st Sept
<p>Planning for success & Home Based Exercises</p> <p>Set your goals to lead a healthier lifestyle</p> <p><i>Please wear comfortable clothes, bring water & towel</i></p>	<p>Healthy Eating made simple</p> <p>A session on food groups, portions and meal planning</p>	<p>Heart Health</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 9am-12pm (Stroke Foundation)</p>	<p>Winter Wellness</p> <p>Learn ways to support your immunity and how to keep infections at bay</p> <p>Presenter: Reishma (Registered Dietitian)</p>	<p>Sprouts & Micro-greens</p> <p>Save money on healthy food by growing your own greens at home</p> <p>Presenter: Richard (Gardens 4 Health)</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>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>Living Well with Diabetes</p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes</p> <p>Presenter: Priyanka (Sport Auckland)</p>	<p>Pump up your metabolism</p> <p>Learn practical tips to conquer your cravings and how to jumpstart your metabolism with food</p>	<p>Review Health Quiz & Graduation</p> <p>Let's see how much we retained from all the great sessions this term with a health quiz</p>  <p>Or</p> <p>Walk up Mount Albert</p>

Join us every Monday at 9.30am for a free low impact exercise session at the Avondale Community Centre, Avondale

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