


Avondale Green Prescription Wellness & Activity programme

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

TERM 1 2020

February - April

Monday 10 th Feb at 10am	Monday 17 th Feb at 10am	Monday 24 th Feb at 10am	Monday 2 nd Mar at 10am	Monday 9 th Mar at 10am	Monday 16 th Mar at 10am	Monday 23 rd Mar at 10am	Monday 30 th Mar at 10am	Monday 6 th Apr at 10am
<p>Planning for success</p> <p>Find out about our 8 week challenge, and set goals to lead a healthier lifestyle</p>	<p>Dance Therapy</p> <p>Enjoy the benefit movement, mindfulness & talking brings to support positive wellbeing.</p> <p>Presenter: (Dance & Arts Therapy NZ)</p>	<p>Healthy Eating made simple</p> <p>A session on food groups, portions and meal planning.</p>	<p>Creative Meal Ideas</p> <p>Learn about food safety, making use of leftovers & meals for larger families.</p>	<p>Heart Health</p> <p>Interactive session focused on healthy eating for a healthy heart</p> <p>Presenter: Heart Foundation</p>	<p>Arthritis</p> <p>Learn about Arthritis and ways to manage and improve control.</p>	<p>Healthy Gut, Healthy Mind</p> <p>Learn simple dietary changes which make a healthy gut and boost cognition and overall brain function</p> <p>Presenter: Kavneet</p>	<p>Debunking food trends & myths</p> <p>No more conflicting info! We investigate common food trends/diets & the best approach to health</p> <p>Presenter: Reishma (Dietitian)</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>Bring a plate of finger food to share for graduation</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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