


Tamaki Green Prescription Wellness & Activity Programme

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

TERM 1 2020

Tuesday 10:30-11:30am

February-April

Tuesday 11 th February at 10:30am	Tuesday 18 th February at 10:30am	Tuesday 25 th February at 10:30am	Tuesday 3 rd March at 10:30am	Tuesday 10 th March at 10:30am	Tuesday 17 th March at 10:30am	Tuesday 24 th March at 10:30am	Tuesday 31 st March at 10:30am	Tuesday 7 th April at 10:30am
<p>Planning for success</p> <p>Find out about our 8 week challenge and meet some likeminded individuals while we focus our goals towards building a healthier lifestyle.</p>	<p>Eating Trends</p> <p>We look into popular diets – the pros and cons – plant based diets, and nutrition myth busting/ nutritional considerations as well as supplements and their use.</p> <p>Presenter: Reishma (Registered Dietitian)</p>	<p>“Heart to Heart”</p> <p>Interactive workshop on heart health and heart healthy eating</p> <p>Presenter: Nicky (Heart Foundation)</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 NZ</p>	<p>Enjoy your Greens!</p> <p>Learn how we can make healthy eating more affordable and reduce waste by growing sprouts, making green smoothies and the Bokashi style of composting.</p> <p>Presenter: Richard (Gardens 4 Health)</p>	<p>Arthritis</p> <p>Learn about arthritis, including ways to manage it and improve control</p> <p>Presenter: Jane (Arthritis NZ)</p>	<p>Creative Meal Ideas</p> <p>Meal planning tips, food safety for making use of leftovers and cooking for large families.</p>	<p>Diabetes</p> <p>Living Well with Diabetes - Learn about healthy lifestyles, managing complications and self-management of diabetes.</p> <p>Presenter: Auckland PHO</p> <p>**FREE Blood Pressure Screening Van here today!**</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>Those graduating also receive their certificates</p>

**** Join us for weekly (supervised) gym-based exercise sessions at the Tamaki Recreation Centre for just \$3 per session. Both classes are well suited to beginners, choose from:**

- ✓ Tuesday from 9:45am – 10:25am
- ✓ Thursday from 9:30am - 10:15am

Healthy Lifestyle Advisor: Thalia. Contact: (09) 623 7658. Email: thalia@sportauckland.co.nz