


Term 1 2020

Thursday 10-11am

February-April

Thursday 13 <sup>th</sup> Feb 10am	Thursday 20 <sup>th</sup> Feb 10am	Thursday 27 <sup>th</sup> Feb 10am	Thursday 5 <sup>th</sup> Mar 10am	Thursday 12 <sup>th</sup> March 10am	Thursday 19 <sup>th</sup> March 10am	Thursday 26 <sup>th</sup> March 10am	Thursday 2 <sup>nd</sup> April 10am	Thursday 9 <sup>th</sup> April 10am
<p><b>Goal setting session</b></p> <p>Learn about our new 8 week challenge. Also set some SMART goals and make life long changes.</p> <p>Finish with some stretching exercises</p> <p>Please wear comfortable attire, bring water &amp; towel</p>	<p><b>Yoga for Mindfulness</b></p> <p>Learn ways and techniques to practice breath-focussed meditation &amp; yoga</p> <p>Please wear comfortable attire</p>	<p><b>Home Based Exercise</b></p> <p>Learn how to develop a Home based exercise routine session for yourself</p> <p>Bring - Workout gear, Water, Towel</p> <p>Presenter: Jemi (Healthy Lifestyle Advisor)</p> <p><b>**FREE Blood Pressure Screening Van here today!**</b></p>	<p><b>Healthy Gut, Healthy Mind</b></p> <p>Learn simple dietary changes which make a healthy gut and boost cognition and overall brain function</p>	<p><b>Dance therapy</b></p> <p>Enjoy the benefit that movement, mindfulness and talking brings to support positive wellbeing.</p> <p>Presenter: Dance Therapy</p>	<p><b>“Heart to Heart”</b></p> <p>Interactive workshop on heart health and heart healthy eating</p> <p>Presenter: Nicky (Heart Foundation)</p> <p><b>**FREE Diabetes Screening Van here today!**</b></p>	<p><b>Arthritis</b></p> <p>Learn about arthritis, including ways to manage it and improve control</p> <p>Presenter: Jane (Arthritis NZ)</p>	<p><b>Nutrition Uncovered</b></p> <p>Explore 10 practical tips &amp; strategies for optimal health, energy and weight management.</p> <p>Presenter: Reishma (Registered Dietitian)</p>	<p><b>‘Walk the Park’ &amp; Graduation</b></p> <p>A fun Walking and exercising session at the Rocket park</p>  <p>Please bring a plate of healthy finger food to share for the graduation after the walk</p>

We invite you to attend these sessions below which are held at the Mt Albert YMCA:

- ✓ Green Prescription Walking group every Tuesday & Thursday from 9am – 9.30am – FREE
- ✓ Rehab Ballet: Wednesdays (12pm-1 pm) - \$5 / session
- ✓ Women’s only Exercise class: Mon (6.00pm - 7.00pm) \$5/ session

Healthy Lifestyle Advisor: Kavneet Kaur. Phone: (09) 623 7958. Email: kavneetk@sportauckland.co.nz