



Timetable: TERM 1 2020

February - April 2020

	Weds 12 th Feb at 10am	Weds 19 th Feb at 10am	Weds 26 th Feb at 10am	Weds 4 th March at 10am	Weds 11 th March at 10am	Weds 18 th March at 10am	Weds 25 th March at 10am	Weds 1 st April at 10am	Weds 8 th April at 10am
Wednesday 10 - 11am	<p>Planning for success</p> <p>Find out about our 8 week challenge, meet some likeminded individuals while we focus our goals to build a healthier lifestyle.</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>**FREE Blood Pressure Reading Van here today! *</p>	<p>Eating Trends</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>Sprouts & Microgreens</p> <p>Save money on healthy food by growing your own greens!</p> <p><i>Presenter: Richard (Gardens4 Health)</i></p>	<p>Living Well with Diabetes</p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes.</p> <p><i>Presenter: Auckland PHO</i></p>	<p>Healthy Heart</p> <p>Interactive session focused on healthy eating for a healthy heart.</p> <p><i>Presenter: Nicky (Heart Foundation)</i></p>	<p>Arthritis</p> <p>Learn about Arthritis and ways to manage and improve control.</p> <p><i>Presenter: Jane (Arthritis NZ)</i></p>	<p>Health Quiz followed by Graduation</p> <p>We review learning with a health education quiz. We then celebrate those graduating!</p> 
	Thurs 13 th Feb at 5.30pm	Thurs 20 th Feb at 5.30pm	Thurs 27 th Feb at 5.30pm	Thurs 5 th March at 5.30pm	Thurs 12 th March at 5.30pm	Thurs 19 th March at 5.30pm	Thurs 26 th March at 5.30pm	Thurs 2 nd April at 5.30pm	Thurs 9 th April at 5.30pm
Thursday 5:30 – 6:30pm	<p>Planning for success</p> <p>Find out about our 8 week challenge, meet some likeminded individuals while we focus our goals to build a healthier lifestyle.</p>	<p>Healthy Eating made simple</p> <p>A session on food groups, portions and meal planning.</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>Creative Meal Ideas</p> <p>Meal planning tips, food safety & making use of leftovers.</p> <p>**FREE Diabetes Screening Van here today! **</p>	<p>Gout & Dietary Management</p> <p>Let's find out what Gout is and ways to manage this through nutrition and exercise.</p>	<p>Healthy Heart</p> <p>Interactive session focused on healthy eating for a healthy heart.</p> <p><i>Presenter: Joanna (Heart Foundation)</i></p>	<p>Eating Trends</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>Living Well with Diabetes</p> <p>Learn about healthy lifestyles, managing complications and self-management of diabetes.</p> <p><i>Presenter: Auckland PHO</i></p>	<p>Health Quiz followed by Graduation</p> <p>We review learning with a health quiz. We then celebrate those graduating!</p> 

JOIN US for some exercise.... We have low impact aerobics BEFORE the Wednesday workshop from 9am - 10am. Just \$5 with grx ID card at Cameron Pool YMCA AFTER the workshop come along to a supervised gym session with Emma from 11:00am – 12pm. Just \$5 with grx ID card @ Cameron Pool YMCA

Healthy Lifestyle Advisor: Emma Wilson. Contact (09) 623 7963. Email: emmaw@sportauckland.co.nz