

# WELLNESS COURSES & WELLNESS WORKSHOPS

## 2019 Schedule

	WELLNESS COURSES				WELLNESS WORKSHOPS						
	Healthy Weight Challenge	T2D Group Education	Healthy Eating & Active Lifestyle	My Health for Life	Total Knee Replacements	Anxiety & Depression	Secret Women's Business	Osteoporosis & Muscle Wastage	Pain Management	Men's Prostate and Problems	
January											
February	Feb 4—Mar 25 11.30am-12.30pm	Feb 4—Mar 25 1pm & 6pm	Jan 15—Mar 5 12pm & 6pm  <b>MH4L 1</b> One on one session between Dec 13, 2018 & Jan 24, 2019 <b>Course dates</b> Between Feb 7 & June 13  <b>MH4L 2</b> One on one session between Jan 17, 2019 & Feb 28, 2019 <b>Course dates</b> Between Mar 14 & July 25  <b>MH4L 3</b> One on one session between Mar 9 & Apr 20 <b>Course dates</b> Between May 11 & Sept 14  <b>MH4L 4</b> One on one session between Aug 2 & Sept 13 <b>Course dates</b> Between Sept 27, 2019 & Jan 31, 2020								
March									Mar 23,30 Apr 6 11am—12pm	Mar 2,9,16 Mar 11am—12pm	
April											
May		May 27—July 15 1pm & 6pm				May 25, June 1,8 10am—11am	May 25, June 1,8 11am—12pm	May 4,11,18 11am—12pm			
June										June 8,15,22 11am—12pm	
July			July 31—Sept 18 12pm & 6pm	July 13,20,27 11am—12pm							
August						Aug 10,17,24 11am—12pm					
September				Sept 21,28 & Oct 5 10am—11am	Sept 21,18 & Oct 5 11am—12pm			Sept 14,21,28 11am—12pm			
October		Oct 14—Dec 2 1pm & 6pm							Oct 12,19,26 11am—12pm		
November								Nov 9,16,23 11am—12pm			

Inspiring action!

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<p><b>Purpose:</b> To inspire a group of people who genuinely want to achieve weight loss and/or healthy gut outcomes. The success of this course comes from the group dynamics and the amazing leader, Petrina.</p> <p>8 Week Course</p> <p><b>Cost:</b> Members \$99 Non members \$150</p>	<p><b>Purpose:</b> To provide Type 2 Diabetes Education over 8 consecutive weeks to help manage this metabolic condition by introducing appropriate physical activity and the most current information during the theory sessions.</p> <p>8 Week Course</p> <p><b>Cost:</b> Members: \$99 Non-Members: \$150</p>	<p><b>Purpose:</b> The Healthy Weight Challenge is all about You! How you can make better, healthier choices. Choices based on the right nutritional information and food knowledge with guidance to enable you to stay on track with your goals.</p> <p>8 Week Course</p> <p><b>Cost:</b> Bulk Billed with a doctors referral for Type 2 Diabetes Group Services</p>	<p><b>Purpose:</b> My Health for Life is a 6 month course for people with a high risk of developing chronic conditions such as heart disease, stroke and type 2 diabetes to encourage them to make healthy lifestyle changes. All group sessions are theoretical lifestyle and behaviour change modules (covering goal setting, healthy eating, physical activity guidelines etc.)</p> <p><b>Cost:</b> Government funded if set criteria is met. Enquire about your eligibility.</p>	<p><b>Purpose:</b> To provide theoretical education on what anxiety and depression are and how exercise can help manage symptoms as well as practical application of exercises.</p> <p>3 Week Course</p> <p><b>Total cost \$50</b></p>	<p><b>Purpose:</b> To provide information about how you can help yourself during the pre and post surgical stages of having bilateral (both knees) or unilateral (one knee) total knee replacements. To provide theoretical, technical education.</p> <p>3 Week Course</p> <p><b>Total cost \$50</b></p>	<p><b>Purpose:</b> To provide theoretical education about the muscles in the pelvic floor and their importance, how to look after them and practical exercise application to help build or maintain pelvic floor integrity.</p> <p>3 Week Course</p> <p><b>Total cost \$50</b></p>	<p><b>Purpose:</b> To provide theoretical education about the conditions of osteoporosis and sarcopenia and to teach practical application of exercise to reduce risk or help maintain bone density and muscle mass.</p> <p>3 Week Course</p> <p><b>Total cost \$50</b></p>	<p><b>Purpose:</b> To provide theoretical education about the underestimated chronic pain syndrome. How to deal with the psychological effects and understand the difference between the most common acute pain and the Chronic pain.</p> <p>3 Week Course</p> <p><b>Total cost \$50</b></p>	<p><b>Purpose:</b> To provide theoretical and practical education about incontinence, symptoms of prostate cancer, and pelvic floor training pre and post prostate surgery. Make a man aware about his pelvic floor muscles and how to use them to prevent future problems or help him to face an operation.</p> <p>3 Week Course</p> <p><b>Total cost \$50</b></p>

**WELLNESS COURSES** are designed to give members and non-members opportunities to:

- learn more about particular conditions,
- using the best practice in lifestyle modification and exercise
- skills to be able to put the knowledge into practice.

They are conducted by health and fitness professionals who have a passion for helping you to learn.

**WELLNESS WORKSHOPS** are designed to provide the general community with access to the Green Apple educational services to expand their understanding of the role of tailored physical activity in managing multiple conditions. And to enable Green Apple clientele access to extra services to help increase their knowledge and understanding of other aspects of certain conditions and gain maximum benefit from their journey within the Green Apple.

Inspiring action!

