

SPECIALTY CLASSES

2023 Schedule

	T2D Group Education	Move with Women	My Health for Life	BEAT IT	Arthritis Moves (ONLINE)	Total Knee Replacements	Secret Women's Business	Osteoporosis & Muscle Wastage	Men's Prostate	Pain Management	
January			Jan 30 8am Mon	Jan 16 1pm Mon & Wed Jan 25 7am Wed & Fri	Ongoing enrolments for 2023 Classes: Mon 9am,11am,1pm Tues 2pm,5pm Wed 12pm Fri 8am Sat 9am						
February							Fri Feb 3 & 10 12—1.30pm				
March											
April			April 19 9am Wed						Fri Apr 21 & 28 12—1.30pm		
May			May 2 9am Tues	May 15 1pm Mon & Wed						Fri May 19 & 26 12—1.30pm	
June							Fri Jun 16 & 23 12—1.30pm				
July								Fri July 21 & 28 12—1.30pm			
August											
September											
October											
November											

Inspiring action!



Subject to change

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<p>Purpose: 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>Cost: Bulk Billed with a doctors referral for Type 2 Diabetes Group Services</p>	<p>Purpose: This program has been specifically created for Women and is suitable for all ages (18+), all fitness levels and all backgrounds. With a focus on fun, the Move with Women program promises to bring participants an enjoyable experience as they learn about how exercise can benefit your health, discover new ways to relax, meet new friends and hear about popular topics relating to Women.</p> <p>9 Week Course</p> <p>Cost: FREE to register call 1800 328 951 or visit www.movewithwomen.com.au</p>	<p>Purpose: 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 and behaviour change modules (covering goal setting, healthy eating, physical activity guidelines etc.)</p> <p>Cost: Government funded if set criteria is met. Check eligibility at myhealthforlife.com.au or phone 13 74 75.</p>	<p>Purpose: BEAT IT is a FREE 8-week physical activity and lifestyle program for Diabetics, delivered by an Exercise Physiologist. This life changing program can help you get back into a healthy routine to better manage your diabetes. Whether you have exercised before or need some help getting started, the BEAT IT program will help you on your journey to a healthier and more active lifestyle. The Exercise Physiologist will tailor individual exercises to your specific needs within a friendly and supportive environment.</p> <p>Two x one-hour exercise sessions per week for 8 weeks (16 sessions in total)</p> <p>Total Cost: FREE for all Diabetics, call 1300 136 588 to register for program.</p>	<p>Purpose: Arthritis Moves is a group online-based exercise program designed for people who have arthritis and other chronic musculoskeletal conditions. Classes are designed to help people to manage pain and stiffness, increase strength and fitness and improve their quality of life. Arthritis Moves offers online-based exercise 10 week group.</p> <p>1 hour exercise session per week for 12 weeks</p> <p>Total Cost: \$96, that's equates to \$8 per class</p> <p>Contact Arthritis Queensland on 1800 011 041 to register for program</p>	<p>Purpose: 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>2 x 90 min sessions</p> <p>Total cost \$55</p>	<p>Purpose: 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>2 x 90 min sessions</p> <p>Total cost \$55</p>	<p>Purpose: To provide theoretical education about the conditions of osteoporosis and sarcopaenia and to teach practical application of exercise to reduce risk or help maintain bone density and muscle mass.</p> <p>2 x 90 min sessions</p> <p>Total cost \$55</p>	<p>Purpose: 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>2 x 90 min sessions</p> <p>Total Cost \$55</p>	<p>Purpose: 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>2 x 90 min sessions</p> <p>Total Cost \$55</p>

SPECIALTY CLASSES are designed to give members and non-members opportunities to:

- Learn more about particular conditions,
- Understand best practice/lifestyle modification and exercise
- Develop skills to be able to put the knowledge into practice.

SPECIALTY CLASSES 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.

