

**AUSTRALIA'S
BIGGEST BLOOD
PRESSURE CHECK
MAY 2024**

My health
for life 



CREATE *healthier* HABITS FOR
healthier BLOOD PRESSURE

AUSTRALIA'S BIGGEST BLOOD PRESSURE CHECK WEEK

Monday May 13 till Friday May 17

OPEN WEEK - ALL WELCOME

FREE Health Checks, Classes, Presentations, Activities and Morning Tea

Green Apple Wellness Centre - 21 Bald Hills Road, Bald Hills

To find out more phone **3261 1249**

HEALTHIER QUEENSLAND ALLIANCE



UPCOMING EVENT

Celebrate My Health For Life Week

AUSTRALIA'S BIGGEST BLOOD PRESSURE CHECK

During this week, the Green Apple Wellness Centre at Bald Hills will be conducting FREE health checks to create healthier habits for healthier blood pressure and reduce the risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke. Fun daily challenging activities, daily talks, with tea/coffee. Bring a guest to a group class for some fun! Prizes to win.

★ Everyone - Come to our special Morning Tea on Friday ★

MAY 13 MON	7am - Presentation Welcome to the Week's activities with Ben	HOW STRONG ARE YOU See how strong your grip strength is? Wonder who has the strongest GRIP STRENGTH. Add your score to the Leader Board	6.00am - Step Class 9.00am - Aerobics Class 9.30am - Stretch Class 2.00pm - Lungs in Action Class 6.00pm - Mystery Class
MAY 14 TUES	7am - Presentation How Blood Pressure affects you and how exercise can help? with Charlie	DISK THROWING How many disks can you get onto the cones in 1 minute? Count up your score and add to the Leader Board	6.00am - Mystery Class 9.00am - Step Class 10.30am - Tai Chi Class 12.00pm - Steady Steps Class 6.00pm - Clinical Pilates
MAY 15 WED	10am - Demo Pilates Reformer Demo and chat with Suzzy	BLAZE PODS Try this FUN activity with the flashing lights to see how fast your reaction is. Add your score to the Leader Board	6.00am - Stretch Class 9.00am - EasyBeat Aerobics 12.00pm - Lift for Life Class 2.00pm - Lungs in Action Class 5.00pm - Barbell Class
MAY 16 THURS	10am - Presentation Progression and Overload? And how can it help me? with Ben	BALANCING ON ONE LEG How long can you stand on ONE LEG BALANCING WITH EYES CLOSED? Add your score to the Leader Board	6.00am - Aerobics Class 10.00am - Clinical Pilates 1.00pm - Steady Steps Class 6.00pm - Circuit Class
MAY 17 FRI	★ 11am - All Green Apples, their guests and any community members are invited to our end of My Health Week Morning Tea with Hostess Katrina	TARGET THROWING How good are you at throwing Pom Poms at the target? Count how many you can get onto the target in one minute. Add your score to the Leader Board	6.00am - Mystery Class 9.00am - Aerobic Gold Class 12.00pm - Lift for Life Class

BRING A FRIEND TO WIN A PRIZE

21 Bald Hills Road, Bald Hills 4036
3261 1249



Green Apple
Wellness Centre