

All ages welcome. Children to be accompanied by an adult.

# SUMMER WELLNESS SERIES

## FEBRUARY 2023

### Community Activities

#### Walking for Health – FREE

A celebration of walking, using social and nature connection to boost mental and physical health. Meet and connect with others and practice mindful walking.

#### 10.30am Monday 6<sup>th</sup> FEBRUARY. Timboon Walking Group

*Meet outside the Timboon Senior Citizen Centre to walk the Rail Trail. Fitness: Moderate, approx. 6-8km. Finish with an optional café stop. All ages welcome!*



#### 9.30am Tuesday 7<sup>th</sup> FEBRUARY. Cobden Walking Group.

*Meet outside the Cobden Senior Citizen Centre. Fitness: Moderate. The group splits into different levels of ability. Finish with an optional café stop. All ages welcome!*

#### 10am Wednesday 8<sup>th</sup> FEBRUARY. A gentle sensory stroll in Simpson.

*Meet at Simpson Neighbourhood House. Finish with nature drawing. Fitness: Low. 1km, paved walk.*



#### Nutrition and Label Reading – FREE

Interpreting ingredients lists and nutritional information can be a minefield especially coupled with influential marketing. Learn to dissect this information from our local Dietitian so you can make informed decisions about what goes in your shopping cart.

#### 2pm Thursday 9<sup>th</sup> FEBRUARY at Cobden

*Meet at the IGA carpark.*

#### Tai Chi – FREE

Reap the benefits that Tai Chi has on joint health through its anti-inflammatory benefits; and practice mindfulness through calm, meditative movement.

#### 2pm 14<sup>th</sup> FEBRUARY at Port Campbell

*Port Campbell Surf Life Saving Club.*



#### Healthy Lunchboxes – FREE

School lunches can be hard. Come along and learn some easy, nutritious recipes. Be guided by our local Dietitian on building a healthy relationship with food and tips for fussy eaters. All parents and guardians welcome.

#### 9.30am Tuesday 21<sup>st</sup> FEBRUARY at Timboon

*Timboon Senior Citizen Centre*

#### 9.30am Tuesday 28<sup>th</sup> FEBRUARY at Simpson

*Simpson Hall*

*Outdoor activities details may change due to weather. Please wear sturdy shoes and weather appropriate clothing.*

### BOOKINGS ESSENTIAL

Bookings and enquiries can be made via reception 55586000

*Working together for a healthy community*