

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 6th 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 7th 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 8th 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 9th 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 14th 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 21st FEBRUARY at Timboon

Timboon Senior Citizen Centre

9.30am Tuesday 28th 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