



**2022**

*This award winning program started as a partnership between the Clarence City Council and the Tasmanian Health Service.*

# Live well, live long

## Pathways to change

Free 12-week program of activities and information

**West Winds Community Centre**  
3528 Channel Highway

**Booking essential.** To register or find out more, contact:  
**6211 8203** or email  
[cscallon@kingborough.tas.gov.au](mailto:cscallon@kingborough.tas.gov.au)

- Pilates
- Living well with Arthritis
- Eating well
- Scam wise
- Falls Prevention
- Resilience
- Stroke Safe
- My Aged Care
- Bladders & Bowels
- Dementia awareness
- Hearing health
- Health Language
- End of Life Planning
- Local exercise options

**6 May to  
22 July**

Every Friday  
from 10am  
and it's **free!**



West Winds Community Centre  
**Live Well, Live Long May-July 2022**  
**Fridays 10:00am - 12:00pm**

<b>Week 1</b> Friday 6 May	Session 1: Live Well, Live Long	Introduction to aims and ideas behind 'Live Well, Live Long'
	Session 2: Pilates	Pilates taster session
<b>Week 2</b> Friday 13 May	Session 1 & 2: 10 Steps for Living Well with Arthritis	Learn about your musculoskeletal system and strategies you can do to enhance your health and wellbeing
<b>Week 3</b> Friday 20 May	Session 1: Eat to Cheat Ageing	This session is based on the information in Ngaire Hobbins' book - <i>Eat To Cheat Ageing</i>
	Session 2: Protecting Your finances and scams	Financial literacy to keep your identity and finances safe
<b>Week 4</b> Friday 27 May	Session 1: Staying on Your feet	Learn tips for preventing falls inside and outside your home
	Session 2: Navigating My Aged Care	Have your questions answered about having an assessment or reassessment; accessing services; service options, and fees
<b>Week 5</b> Friday 3 June	Session 1: Mental health awareness	Learn five things to do to maintain healthy resilience
	Session 2: Developing Resilience	A session on how to tap into gratitude, empathy and mindfulness.
<b>Week 6</b> Friday 10 June	Session 1: Being Stroke Safe	Make yourself Stroke Safe by learning stroke facts and knowing how to prevent a stroke
	Session 2: Falls prevention & staying active	Discover ways to keep moving and doing everyday things safely
<b>Week 7</b> Friday 17 June	Session 1: Bladder & bowel health	Learn what you can do to keep your bladder and bowel healthy. Know where and how to get information and help if you need it
	Session 2: Heart Foundation Walking Group	Learn about Kettering Heart Foundation Walking Group and how you can join
<b>Week 8</b> Friday 24 June	Session 1: Preventing & living with Dementia	Dr Hill will discuss research based evidence for reducing your risk of dementia, focussing on several modifiable lifestyle factors
	Session 2: Dementia Friendly Communities	Learn about the work that Dementia Friendly Tasmania do to build Dementia Friendly Communities
<b>Week 9</b> Friday 1 July	Session 1: How is Your Hearing?	Learn about the signs of hearing loss, preventing damage and the supports available
	Session 2: Language of Health	Session unpacking the terminology, anatomy and physiology in relation to cancer and cancer prevention
<b>Week 10</b> Friday 8 July	Session 1 : End of Life Planning	This session will cover healthy dying, end of life planning, estates, power of attorneys, and guardianships
	Session 2: Free Hearing Checks	Have a free hearing check on the Community Hearing bus
<b>Week 11</b> Friday 15 July	Session 1: Soft fit session	A class focusing on balance, mobility, strength and cardio fitness.
	Session 2: IT Know How	A session on Information-Technology (IT) know how and keeping yourself protected on-line.
<b>Week 12</b> Friday 22 July	Session 1 & 2: Let's Get Going	Learn about the opportunities for staying active and engaged in the Kingborough. Community.