

Live Well, Live Long

The Huon Valley 'Live Well, Live Long' program will run for ten weeks and is being delivered as a partnership between the Huon Valley PCYC, Huon Valley Council and the Tasmanian Health Service. Health and wellbeing providers will be running two-hour weekly sessions to share information and tips on what older people can do to stay healthy.

Where:

Sessions will alternate weekly between the Huon Valley Hub (23 Main Street, Huonville) and the Huon Valley PCYC (40–72 Wilmot Road, Huonville).

When:

Every Tuesday, 10am to 12pm.

Starting 20 July through to 21 September 2021.

Week 1 – Tuesday 20 July Huon Valley Hub	10.00 – 10.15	Getting to know each other and introduction – Health Promotion Coordinator, Tasmanian Health Service
	10.15 – 11.00	Make Yourself StrokeSafe – StrokeSafe ambassador, Stroke Foundation Tas
	11.00 – 12.00	Risk Health Assessments, Know Your Numbers – Stroke Foundation Tas
Week 2 – Tuesday 27 July Huon Valley PCYC	10.00 – 11.00	Healthy cooking demonstration – Huon Valley PCYC
	11.15 – 12.00	Healthy Eating & Growing Food – Scrubby Hill Farm, Geeveston Community Centre
Week 3 – Tuesday 3 August Huon Valley Hub	10.00 – 10.45	Eye Health Talk – Optometrist, Eyelines
	11.00 – 12.00	The long term effects of substance use – South East Tasmanian Aboriginal Corporation (SETAC)
Week 4 – Tuesday 10 August Huon Valley PCYC	10.00 – 10.45	Heart Foundation Walking Group – Huon Valley PCYC
	11.00 – 12.00	Yoga – Huon Valley PCYC
Week 5 – Tuesday 17 August Huon Valley Hub	10.00 – 11.00	How's Your Hearing – Hearing Australia
	11.00 – 12.00	Free Hearing Checks on the Hearing Australia bus
Week 6 – Tuesday 24 August Huon Valley PCYC	10.00 – 10.45	Fitball Session – Huon Valley PCYC
	11.00 – 12.00	Gentle Exercises for Seniors – Huon Valley PCYC
Week 7 – Tuesday 31 August Huon Valley Hub	10.00 – 10.45	Lowering your dementia risk – ISLAND Project, Wicking Centre
	11.00 – 11.45	Know your medicines – Pharmacist, Huon Medical Group
Week 8 – Tuesday 7 September Huon Valley PCYC	10.00 – 10.45	Protecting your finances/Scam Alert – Council on the Ageing (COTA) Peer Educator
	11.00 – 12.00	Just Move Session – Huon Valley PCYC
Week 9 – Tuesday 14 September Huon Valley Hub	10.00 – 10.45	Healthy Feet – Community Podiatrist, Tasmanian Health Service
	11:00 – 11:45	Falls prevention – Community Physiotherapist – Tasmanian Health Service
Week 10 – Tuesday 21 September Huon Valley PCYC	10.00 – 11.00	Get Going – Opportunities for staying active and engaged within the Huon Valley area. PCYC memberships given out.
	11:00 – 1:00	Eating with Friends lunch in partnership with the Huon Valley Trade Training Centre.

RSVP to:

Huon Valley Council

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

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