

Sunday 3rd April

10.00 to 12.30 **UniSA – Women’s Health Pitstop**
Workshop event: Taking care of our health: managing pain, healthy waterworks throughout life, achieving a good quality of life.

10.00 to 2.00 **GoVita Food For Thought**
Nutrition advice and products available for sale.

10.00 to 1.00 **Active8**
Personal Trainers – Q&A.

10.00 to 2.00 **Ecologie Organics**
Organic produce, eco-care, self care and lifestyle.

Monday 4rd April

10.00 to 12.30 **UniSA – Senior Men’s Health Pitstop**
Workshop event: Achieving a good quality of life for the older man.

12.00 to 1.30 **Limestone Coast Combined Therapies**
Information stall on Emmette Technique, Kinesiology, Naturopathy and Osteopathy Treatment.

2.00 to 3.00 **South East Regional Community Health Service**
Workshop event: Quit smoking motivational session.

Tuesday 5th April

10.00 to 12.30 **Limestone Coast Combined Therapies**
Workshop event: Emmette Technique, Kinesiology, Naturopathy and Osteopathy Treatment.
*Ask for our promo flyer for more details.

Wednesday 6th April

10.30 to 11.30 **Community Foodies**
Cooking for Seniors: Nutrition advice and hands on demonstrations.

Thursday 7th April

10.30 to 11.30 **Easy Moves for Active Ageing (EMAA)**
Come along and have a go! Please wear comfortable clothing and shoes.

2.00 to 2.30 **The Chinese Medical Centre**
Workshop event: What is Acupuncture and how does it work? Find out more on Cupping, Chinese Herbal Medicines, Chinese Massage and Therapy.

Friday 8th April

10.30 to 11.30 **South East Regional Community Health Service**
Parent Information Session: Alcohol and adolescent advice and discussion.

1.00 to 1.30 **Vogamil—Yoga Demonstration**
Come along and have a go! Please wear comfortable clothing and shoes.

Sunday 10th April

10.00 to 12.30 **UniSA - Men’s Health Pitstop**
Workshop event: Taking care of our health, men and their sheds, achieving a good quality of life.

10.00 to 1.30 **Tonic Health Club**
Advice on Heartmoves, Swimskool & keeping healthy.

10.00 to 1.30 **Mutual Community**
Health Insurance advice and guidance.

11.00 to 11.30 **Jump Rope For Heart**
Mil Lel Primary School Years 5-7 Jump Rope Demonstration.

11.30 to 12.30 **Mount Gambier Martial Arts Academy**
Demonstrations by students from 4 yrs old and above.

12.30 to 1.00 **Latin Dancing** - Nel Jans & Ryan Hinschelwood
Fun Latin demonstrations!

1.00 to 1.30 **Active8 - Mature Age Classes**
Come along and have a go! Please wear comfortable clothing and shoes.

Tuesday 12th April

11.00 to 11.30 **The Chinese Medical Centre**
Workshop event: What is Acupuncture and how does it work? Find out more on Cupping, Chinese Herbal Medicines, Chinese Massage and Therapy.

Wednesday 13th April

10.30 to 11.30 **Community Foodies**
Cooking for Seniors: Nutrition advice and hands on demonstrations.

Thursday 14th April

10.30 to 11.30 **Tai Chi / Qigong**
Come along and have a go! Please wear comfortable clothing and shoes.

3.30 to 4.30 **Diabetes Educate**
Workshop event: Type 2 Diabetes are you at risk?

Friday 15th April

10.30 to 11.30 **South East Regional Community Health Service**
Parent Information Session: Alcohol and adolescents advice and discussion.

1.00 to 1.30 **Vogamil—Yoga Demonstration**
Come along and have a go! Please wear comfortable clothing and shoes.

Sunday 17th April

10.00 to 12.00 **UniSA - Carer’s Health Pitstop**
Workshop event: Looking after the Carer. Advice and guidance with complementary Devonshire Tea and hand massages.

10.00 to 11.00 **Heart Foundation Walking Group**
Information on current walking groups. Wear suitable walking shoes and follow your OPAL leader!

10.00 to 2.00 **Ecologie Organics**
Organic produce, eco-care, self care and lifestyle.

10.00 to 1.00 **Active8**
Indoor sport. Find out how you, your friends and your work colleagues can get involved!

12.30 to 1.30 **Pangula Mannamurna - Aboriginal Health**
Workshop event: waist measurement, getting active, diet and exercise and find out your heart age.

1.00 to 2.00 **Community Foodies**
Cooking for Families: Nutrition advice and hands on demonstrations.

2.30 to 3.30 **Reach Out—Sarah Nelson**
Workshop event: You are not alone. Today’s issues and getting connected to support.

Monday 18th April

10.00 to 12.30 **UniSA - Senior Women's Health Pitstop**
Workshop event: Achieving a good quality of life for the older woman.

Tuesday 19th April

10.00 to 11.00 **South East Regional Community Health Service**
Workshop event: Immunisation advice and information for parents.

1.30 to 2.30 **Heartmoves with Tonic Health Club**
Come along and have a go! Gentle physical Heart Foundation programme suitable for anyone who has not exercised in a while. Exercise at your own pace in a friendly atmosphere.

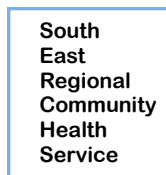
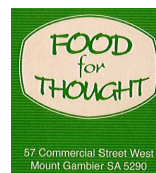
Thursday 21st April

1.00 to 2.00 **Heartmoves with Tonic Health Club**
Come along and have a go! Gentle physical Heart Foundation programme suitable for anyone who has not exercised in a while. Exercise at your own pace in a friendly atmosphere.

All Month

Lions Australia—Recycle for Sight
For the month of April donate your old reading and sunglasses that are lying around the bottom of your drawers by popping them in the Lions Club box provided in the Mount Gambier Library. Glasses are sorted, cleaned and regraded and distributed to children and adults in remote villages throughout the world.

Thank you to...



... and the local community for supporting
World Health Month
at the Mount Gambier Library.

LEARN. CONNECT. EXPLORE.

Mount Gambier Library
6 Watson Terrace
Mount Gambier SA 5290
Tel 08 8721 2540

WORLD HEALTH MONTH

at the Mount Gambier Library
April 3rd - April 21st

