

THURSDAYS AT ALMA'S

WINTER 2018 PROGRAM

FREE

During the chilly months at Alma's we are focusing on keeping our bodies moving, our minds in balance, and our energy maintained with easy to prepare wholesome food – all the elements that can brighten the longer, darker days. **Winter is here, embrace it!**

at Alma's Activities Centre Clarence
17 Alma Street, Bellerive



INCLUDES
MORNING
TEA

JUN
28

Dealing with the Ups and Downs

The way we think and feel has an impact on our mental health. Developing ways to cope with daily stressors helps keep us mentally well.

Join *Claire Evans* from *Wellways Australia* in a conversation about dealing with the 'ups and downs'.

JUL
26

What's Cooking?

What you always wanted to know about cooking, but were afraid to ask.

Join a panel of people, including *Martin Modinger*, *COTA Tasmania Peer Educator*, who will give you help, tips and recipes for making quick, easy and nutritious meals.

AUG
30

Keeping Active and Involved

Exercise can be fun when you socialise. There are lots of different ways to keep your body moving to suit your ability.

Join a panel of people in a conversation about many different exercise options including: line dancing, yoga, walking, and Tai Chi. You will come away feeling energised by the opportunities!

ALL SESSIONS  10.00am-11.30am

For bookings contact **Julie Andersson**
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Clarence... a brighter place