

BE ACTIVE: FIND YOUR WHY WELLNESS EXPO

THURS 5 OCT 2023 | 9.30AM TO 2.30PM
JACK YOUNG CENTRE (2 ORANGE AVE, SALISBURY)



Join us for a **FREE** interactive wellness experience for over 50s!

Get motivated, meet like-minded people, find *your* activity, participate in 'have-a-go' sessions and connect with health experts at our info stalls. Enjoy live entertainment and grab a tasty, affordable lunch along with complimentary morning and afternoon tea.

FREE ENTRY

Lucky door prizes throughout the day
(arrive before 10.30am for the early bird prize draw)



www.salisbury.sa.gov.au/wellness



8406 8525

WITH SPECIAL GUEST SPEAKER

'MR SOUTH AUSTRALIA'

KEITH CONLON



WHAT'S ON:



9.30am	<p>Doors Open (early bird prize draw if in before 10.30am)</p> <ul style="list-style-type: none"> • Info Stalls and Find Your 'Way' Trail Challenge (9.30am to 12.30pm) • FREE morning tea (9.30am to 11am) • Health checks (Uni SA Allied health staff and students) • Create your own smoothies with the Smoothie Bike • 'Music to Dance' with DJ Des in the Courtyard (9.30am to 10.55am)
9.40am	<p>Have a Go Session 1: How to warm-up for movement with Jeanette (20 mins) (Sun Room)</p>
10am	<p>Talk: 'Preventing a Long Lie: How Not To Get Stuck On The Floor' by Physio Michael Peachey (Hall)</p>
10.20am	<p>Talk: 'Benefits to Mental Wellbeing from Moving' by Rod Quintrell- Sonder/Walking SA (Hall)</p>
10.35am	<p>Have a Go Session 2: Contemporary Dance with Veronica (20 mins) (Sun Room)</p>
10.55am	<p>Official Welcome and Intro (Hall)</p>
11.05am	<p>Talk: 'Be Active Find Your Why' Initiative by Jim Binder (Hall)</p>
11.15am	<p>Talk: Special Guest Keith Conlon 'The importance of keeping moving as we age' (Hall)</p>
11.45am	<p>Info stalls, Find Your 'Way' Trail Challenge and opportunities to mingle (Hall/Courtyard)</p>
12noon	<p>Lunch service (dining room and courtyard) <u>Limited numbers – bookings taken on the day between 8.30am and 11.30am</u></p>
1pm	<ul style="list-style-type: none"> • Have a Go Session 3: Ride with Keith – Cycle Salisbury led short ride along the Little Para River Trail (45 mins) • Have a Go Session 4: Heart Foundation & Walking SA walk – Little Para River Trail (40 mins) • Have a Go Session 5: Dance for Health with Sue (60 mins) (Hall) • Have a Go Session 6: Drumming / Shadow Boxing / Prime Movers with Cheryl (60 mins) (Sun Room)
2pm	<p>FREE afternoon tea (Courtyard)</p>
2.30pm	<p>Event closed</p>