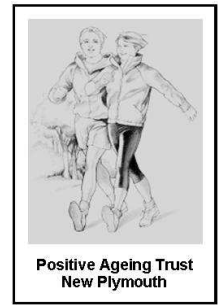


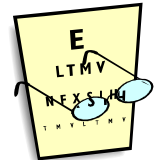
# Thank you to the following sponsors of the Older Persons Wellbeing Day



## Older Persons' Wellbeing Day

Tuesday 17<sup>th</sup> June 2008  
10am – 3pm

TSB Stadium, New Plymouth



Tai Chi \* Indoor Bowls \* Marching \* Aerobics \*  
Mirimiri / Massage \* Health Checks & Advice \*  
Weaving / Raranga \* Stretching \* Foot Care

A talk on "Healthy Ageing" by Professor Ngaire Kerse

Afternoon Seminar Session – Falls Prevention:  
The Evidence Base

**LIGHT LUNCH INCLUDED**

Event is **FREE**, but registration is essential –  
please call Channa on 06 753 7777 x8792



**"No Transport?" A FREE Bus Service will operate from the following pick up points:**

- Inglewood (Old Folks Hall) – 9.00am
- Egmont Village (opposite petrol station) – 9.15am
- Waitara (Information Centre, Queen St) – 9.00am
- Bell Block (outside The Warehouse) – 9.15am
- Fitzroy (Trimmers Hair Salon) – 9.20am

**(RETURN SERVICE LEAVES TSB STADIUM AFTER LUNCH AT 1.15PM)**

**\*\*\* Places are limited \*\*\*  
Please ring RED CROSS (06 759 4697) to book a seat!**

## Older Persons Wellbeing Day

### Morning Session

(10am – 1pm)

Time	Activity	Venue
<b>9.30am</b>	<b>Doors Open for Registration</b>	
<b>10.00 – 10.30am</b>	<b>Aerobics to music</b>	<b>Stadium</b>
	<b>Mirimiri (massage)</b>	<b>Stadium</b>
	<b>Raranga (weaving)</b>	<b>Stadium</b>
	<b>Caring for your feet</b>	<b>Stadium</b>
	<b>Health checks, advice &amp; information</b>	<b>Stadium, Foyer &amp; Health Bus</b>
<b>10.30 – 11.00am</b>	<b>Morning Tea</b>	<b>Foyer</b>
<b>11.00am – 12 noon</b>	<b>Indoor Bowls, Marching or Tai Chi</b>	<b>Stadium</b>
	<b>Stretch 'n' Flex</b>	<b>Mezzanine Floor</b>
	<b>Nordic Pole Walking with Frontrunner</b>	<b>Car Park (meet at main entrance 11am)</b>
	<b>Mirimiri (massage)</b>	<b>Stadium</b>
	<b>Raranga (weaving)</b>	<b>Stadium</b>
	<b>Health checks, advice &amp; information</b>	<b>Stadium, Foyer &amp; Health Bus</b>
<b>12.00 – 12.30pm</b>	<b>Talk: Healthy Ageing Prof. Ngaere Kerse</b>	<b>Mezzanine Floor</b>
<b>12.30 – 1.00pm</b>	<b>Light Lunch</b>	<b>Foyer</b>

## Older Persons Wellbeing Day

### Afternoon Session

(1pm – 3pm)

### FALLS PREVENTION SEMINAR SESSION

This afternoon seminar session will take place on the Mezzanine Floor (First Floor) of the TSB Stadium. It is aimed mainly at those working with older people, although anyone with an interest is welcome.

#### SEMINAR PROGRAMME

- 1.00pm Falls Prevention – The Evidence Base  
Prof. Ngaere Kerse, Auckland University
- 2.30pm Medication and Falls Prevention  
Vivian Pharmacy
- 2.40pm Otago Exercise Programme (OEP)  
ACC
- 2.45pm Modified Tai Chi for Older Adults  
Sport Taranaki
- 2.50pm Preventing Falls in the Home  
Age Concern
- 2.55pm Arthritis and Falls  
Arthritis NZ
- 3.00pm Afternoon Tea & Networking

**To register, please ring Channa on 753 7777 ext 8792  
Or email npis@tdhb.org.nz**