



# move4health

MASSEY

Move4Health Massey is a weekly community based, driven and led low - medium programme.

A fantastic social environment where participants can embrace an active and healthy lifestyle.

Together  
we can  
make it  
happen!

- Move4Health Massey is facilitated by former Green Prescription (GRx) patient and participant Carol Davis
- At the end of each session participants come together to enjoy a healthy snack and socialising.

**Every Wednesday 10.45am - 12.00noon**

**Massey Leisure Centre, YMCA at Massey  
Don Buck Room, 545 Don Buck Road, Westgate**

**Cost - Gold coin donation**



**For more information please contact:**

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HENDERSON Breakfast Club

**Move4Health Henderson 'Breakfast Club' is the perfect way to start your day!**

The programme runs twice a week for 10 weeks from 6.30am – 7.30am at The Trusts Stadium Fitness. Participants are introduced to a wide variety of exercises and gym equipment by 2 highly qualified personal trainers/group fitness experts.

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- "Breakfast Club" welcomes Green Prescription (GRx) recipients and anyone interested in embracing a more active and healthier lifestyle.
- Graduate with confidence and be able to be independently active in the gym.
- Participants can join Stadium Fitness at a discounted rate after graduating the programme.

**Mondays & Fridays 6.30am - 7.30am**

**The Trusts Stadium Fitness**  
**65 - 67 Central Park Drive, Henderson**  
**Cost - Gold coin donation**



Te Rongoas Kakariki **Green Prescription**

**For more information please contact:**

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