



Healthy Hearts Program



Enquire now and register your interest for this unique Program.

Class size is limited to ensure person centred learning.

Healthy Options Program is made up of 3 components. Growing your own vegetable, taking them to the kitchen and preparing a nutritious healthy tasty meal, Topped with a gentle enjoyable exercise program

This program will empower people with independence to make better healthy informed choices.

When : Workshops starting in 2017

Where : Salisbury East or In-House

Time : Day and evening sessions

10-week program. weekly sessions consisting of 2.5 hrs week. End of term graduation with a certificate of attendance for all participants that complete the program.

Cost : TBA

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