

Cardiac Self Referral Programs

Maintenance Program

Better Beat

Community Health Education Groups (CHEGS)

Designed for cardiac patients.

Where

Lismore twice weekly
Ballina once weekly
Increased course availability from October 2000

Contact

Mary Ward

Phone (02) 6620 7523

Healthy Lifestyles by CHEGS

Gentle exercise classes

Provided by trained and registered fitness instructors. Suitable for all ages.



Cost

\$3 per class

Contact

Mary Ward

Phone (02) 6620 7523

Weight reduction

Beat the Bulge

Courses for women and men.

Easy to follow nutrition information, exercise, self-esteem, shopping and relaxation. Evening or day, 9 week course.

Held regularly in the following areas:

Alstonville
Ballina
Bangalow
Byron Bay
Cabarita
Casino
Evans Head
Grafton
Hastings Point
Kingscliff
Kyogle
Lennox Head
Lismore
Mullumbimby
Murwillumbah
Tweed Heads
Woodburn
Yamba

Cost

\$60, concession \$50

Contact

Mary Ward

Phone (02) 6620 7523

GutBusters

Weight loss courses for men and women
Ph: (02) 6625 0000

Heart Health Nutrition

Session 1

- What are cholesterol and triglycerides?
- Why are we concerned about cholesterol?
- Risk factors and heart disease.
- Which foods raise cholesterol?
- Ways to cut down the saturated fat.

Session 2

- Healthy living pyramid.
- Reading nutrition labels.
- Recipe modification.
- Benefits of dietary fibre.
- Alcohol and heart disease.
- Beneficial effects of a diet rich in Omega 3 fats.

Program available at:

Ballina
Byron Bay
Casino
Kyogle
Lismore
Lennox Head

Cost \$60

Contact

Graeme Woods

Phone (02) 6624 2196
(02) 6624 6886

Mobile: 041 8706 9129



Walking for Pleasure

Social walks in a variety of settings. Gentle to moderate activity, 1-2 hour duration.



Where

Alstonville
Goonellabah
Lismore
Yamba

Contact

NSW Sport and Recreation

Phone

131 302
(02) 6622 1150