



Green Prescription Kickstart

“Inspiring small achievable changes to create a better quality of life”

Kick off your health journey & join **Green Prescription** for lifestyle support towards improved health & wellbeing!

Term 4 2024

Monday Kickstart— \$3 per session Location: Motueka

1.00pm—2.00pm @ Motueka Recreation Centre

Starts: 14th October

Tuesday Kickstart— \$4 per session Location: Nelson

10.00am-11.00am Riverside Pool

Start: 15th October

Tuesday Kickstart—FREE Location: Golden Bay

11.00am-12.00pm @ Rec Park centre

Starts: 22nd October

Wednesday Kickstart \$5 Location: Richmond

10.15am-11.15am @ Richmond Aquatic Centre

Start: 16th October