

Active for Life – Green Prescription Consultations

Monday	Tuesday	Wednesday		Thursday	Friday
	 Group Consult 10am – 11am Jenna <i>West Wave</i>	 Group Consult 10am – 11am Amo <i>Massey YMCA</i>		 Drop ins 10am-12pm Stan <i>The FONO</i>	
	 Drop ins 11am – 12pm Jenna <i>West Wave</i>	 Drop ins 11am – 12.30pm Amo <i>Massey YMCA</i>			
	 Drop ins 1pm-2pm Jenna <i>West Wave</i>			 Drop ins 1pm – 3.30pm Eric <i>Rampage</i>	
	 Group Consult 2pm – 3pm Jenna <i>West Wave</i>		 Group Consult 6.30pm-7.30pm <i>West Wave</i>		 Group Consult 4pm-5pm Eric <i>Rampage</i>

		Description
Group Consults		Want to improve your general health and well-being? By working together, we can develop a plan to accomplish your goals. Book in for a group consult today and meet others, or even bring your whanau and friends to start this journey with you.
Drop In		If you are unable to make the group consult, or you want to check in with your Healthy Lifestyle Advisor one-to-one, feel free to drop in and catch up with them during our drop-in times.



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