



DONHEAD ST MARY VILLAGE HALL  
www.donheadvillagehall.org

## Staying healthy over 50

With Gabi Lerner

Starts Wednesday 13th January from 12 noon - 1.00pm

6 weekly sessions on zoom, 1 hour each with the following topics:

**Health** - In this session we will explore how we think about our health. Often we don't actually think about it until something goes wrong. You will learn how you can shift your thinking towards creating health in your life, as opposed to fighting illness or being afraid of getting old and ill.

**Food** - In this session we will look at shifting towards a healthy way of eating to support our wellbeing, our immune system and our resilience. You will learn about 'danger' foods and how you can replace them with better options and still enjoy your meals.

**Movement** - In this session we will look at easy every day tips to get movement into our lives. You might think you're not that flexible or you don't have time for exercise. Here you will learn how everyday activities can be upgraded to exercise for more flexibility and better heart health.

**Mindfulness** - Stress and worry can make us sick. Too many thoughts going round and round in our head. In this session you will learn simple tools to quiet the mind.

**Freedom** - In this session we will look at how we often limit ourselves or feel limited by others. You will learn how you can create the freedom to make your self care a priority.

**Positive mindset** - In this session you will learn how you can create a positive mindset for your mental, emotional and physical wellbeing. You will learn some simple tools you can implement straight away to feel lighter and more joyful in your life, which will automatically benefit your health.

Gabriela Lerner holds a diploma in health and nutrition coaching. She has extensive experience in working holistically with clients on mind-body awareness and a natural intuition to understand her client's personal wellness needs. Throughout the 6 week programme, Gabriela will guide you and give you easy to implement strategies in the fun and light 1 hour session.