



MEDIA RELEASE

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Bringing good health to the Valley: Live Well, Live Long FREE program launches in Huonville

The Live Well, Live Long program has successfully launched, with the first sessions kicking off at the Huon Valley Hub in Huonville.

The program, a partnership between the Huon Valley PCYC, Huon Valley Council and the Tasmanian Health Service, will run over 10-weeks until 21 September. Health and wellbeing providers will deliver a wide range of health-related information and activities, with free sessions each Tuesday from 10am -12 noon alternating at the Huon Valley Hub and Huon Valley PCYC.

The first session was a great opportunity for community members to hear more about being Stroke Safe from the Stroke Foundation volunteer, Mike. Participants also heard from Rebecca, the Health Promotions Coordinator from Tasmanian Health Service with tips on being well and taking charge of your health.

The second week of activities will commence on Tuesday 27th July at the Huon Valley PCYC and will include information on nutrition with a cooking demonstration by the Huon Valley PCYC and a presentation on healthy eating and growing food from Scrubby Hill Farm, Geeveston Community Centre.

Mayor Bec Enders said, "This health and wellbeing initiative is a great opportunity for community members to have some fun connecting with friends and learning about how to 'live well and live longer'. Sessions are free and open to everyone so make sure you take advantage of all that is on offer."

Over the remaining nine sessions a range of topics will be covered including eye health, aboriginal health, yoga, walking groups, hearing health, gentle exercise, dementia talk, medicines, scam alert and healthy feet. The final session will involve participants receiving PCYC memberships and enjoying a beautiful meal supplied by the students and Chef from the Huon Valley Trade Training Centre as a part of the Eating with Friends program.

Community members can view the program on the Huon Valley Council [website](#) at [0479-Live-Well-Live-Long-July-2021-A4-poster-2.pdf \(huonvalley.tas.gov.au\)](#) and book by calling 6264 0300 or emailing hvc@huonvalley.tas.gov.au.

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Please note that these activities will be run as COVID safe events with physical distancing and healthy and hygiene practices observed throughout.

For more information: Mayor Bec Enders (03) 6264 0300