



Be Healthy & Active

Free health and wellbeing sessions with Bolton Clarke's Be Healthy and Active program

Our sessions are packed with practical advice and strategies to help you get the most out of life. Each one hour session focuses on a different topic and is free of charge thanks to the generous support of our sponsors.

Healthy Brain, Healthy Body

Happy people live longer, have stronger immune systems and have improved coping skills. Learn how to experience happiness and satisfaction at any age.

Healthy Eating & Nutrition

Learn about nutrition and how to get the most out of every day, plus receive a free booklet of Maggie Beer Foundation recipes.

Master Your Mind

Is stress affecting your day-to-day life? Create a toolbox of techniques to manage stress. Take a deep breath. Mindfulness starts now.

Healthy Skin

Your skin changes as you age and is less able to protect and heal itself. Learn how to improve and maintain skin health.

First Aid

Accidents can happen at any time. Some knowledge of basic first aid will empower you to successfully treat common injuries and possibly save a life. Topics covered in this session include cuts, burns, sprains, fractures, concussion, cardiac events, stroke, poisoning and choking.

CPR & Defibrillation basics

What's more important than knowing how to save a life? Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator.

Healthy Bladder

4.8 million Australians live with bladder weakness. Learn simple tips and exercises to improve control and prevent future bladder problems.

Partner

Session Supporters



Falls Prevention

One third of people over 65 fall at least once per year. In this session learn why we fall and how to reduce the risk of falling. Learn how to fall-proof yourself!

Understanding Dementia

Almost 1 in 10 people over 65 have dementia in Australia and as we age this number increases substantially. This session will explain what Dementia is, it's causes, signs and symptoms as well as how to reduce the risks.

Managing Sleep & Fatigue

Sleep is as vital for life as food or water, and not getting enough sleep can severely affect day-to-day function and lead to fatigue. Learn the signs and causes of fatigue as well as how sleep changes as we age. You'll also receive tips on how to get a better night's sleep.

To find out more or arrange a session please call or email:

1300 22 11 22

behealthy@boltonclarke.com.au

Sessions require a minimum of 25 people

 boltonclarke.com.au

