



Living Well @ The Lights

Living Well @ The Lights is a series of **FREE** workshops aimed at building wellbeing by creating opportunities to connect, learn, be active, take notice, give back, eat well and sleep well.

Please note: Numbers are limited so please register to secure your spot.

To register for workshops: thelights@cityofpae.sa.gov.au or 8405 6670

All classes are held in a relaxed and friendly environment. Programs may be subject to change.

When 27 July to 28 Sept 2023

Time Varies - Please check class details for times

Where The Lights Community & Sports Centre
244-270 East Parkway, Lightsview (except for Nature and Nurture)



Living Well

@ The Lights

Health & Wellbeing Program **2023**

Be Connected-Digital Literacy

Come and join Brad as we explore the wonders of digital technology together!

You don't need to be an expert, just willing to have a go and learn new things. You can bring your own iPad or loan one on the day. This workshop is held in a relaxed and friendly environment. Places are limited so bookings are essential

Facilitator **Brad Tonkin**

Date **27 July/ 3 Aug**

Time **10am – 12pm**



Sewing for Fun

We welcome Michelle back as we get confident in the use of sewing machines. This fortnightly workshop allows us to pick an easy option or something more challenging as our skills improve and produce some fun and practical items for use in our homes

Facilitator **Michelle Jahn**

Date **10 & 24 Aug/7 & 21 Sept**

Time **10am – 12pm**



A Crafty Connection

Back by popular demand! Join Mandy, a qualified Art Therapist, as we craft the morning away!

Mandy has been 'arting and crafting' for as long as she can remember and experimenting with all sorts of media from sewing, painting and everything in between. You are sure to leave this session relaxed and inspired

Please note: This is a longer session

Facilitator **Mandy Chisholm**

Date **17 Aug**

Time **9.30am – 12.30pm**



Nature and Nurture

Come and join the wonderful group of volunteers led by Henryka and spend some time pottering around in nature, a chance for some 'nature bathing'

Please note: These sessions are held at Greenacres Community Garden - 12 Swan Street, Greenacres SA 5086

Date **31 Aug/14 Sep**

Time **10am – 12pm**

Community Week Reflections and Celebrations

In this session we will take a chance to reflect on the activities and achievement of this term, re-connect with one another and relax and enjoy as we share our stories

Facilitator **Jan Angelo**

Date **28 Sept**

Time **10am – 12pm**