Get moving, eat well this Seniors Festival

Getting active in a group, eating well and staying hydrated are cornerstones of this year’s NSW Seniors Festival events in the South Western Sydney Local Health District.

Running from 4 to 15 April, the festival is the ideal way for the District to promote important health messages to senior citizens, while having a bit of fun.

Events taking place over the next two weeks include Tai Chi and yoga sessions, seniors health days and informative presentations.

Director of Health Promotion, Mandy Williams, said there were plenty of events across south western Sydney for everyone to get involved with.

“We have strong partnerships with our local councils and community groups, which means we can provide a wide range of events for older people in the area,” she said.

“All our activity classes are very popular and are run by qualified and experience instructors.

“Staying active improves mental health and can also build links within the community while reducing the risk of falls, heart disease, diabetes, osteoporosis and stroke.

“We encourage our local seniors to get involved in any events that take their fancy and learn more about staying healthy at the same time.”

Ms Williams said the District’s Stepping On program would also be promoted during the festival.

“Stepping On is about preventing falls in older people in an exciting and friendly way,” she said.

“The NSW Health community program runs over seven weeks and covers topics like home hazard awareness, safe footwear, nutrition and bone health, leg strength and balance exercises and the best way to get up after a fall.”

Stepping On is open to NSW residents aged 65 years and over who are able to walk independently or with a walking stick and who are fearful or falling, or have had a fall recently.

The program is not suitable for people diagnosed with dementia or neuromuscular conditions.

All hospitals will have information stalls on falls prevention throughout April.

Seniors Festival 2018 events:

**Bowral:**
- Week starting 3 April – the launch of Falls Information Zones around the hospital
- Friday 13 April 10am to 12pm – yoga at Lake Alexandra
- Wednesday 18 April 12am to 12pm – an interactive presentation with information resources available at Moss Vale Probus Club

**Wollondilly:**
- Thursday 5 April 11am to 3pm – trivia, events and information resources available at Tahmoor Community Centre
- Friday 6 April 10am to 3pm – games, yoga and information resources available at Picton Shire Hall
- Wednesday 11 April 10am to 3pm – Tai Chi and information resources available at Warragamba Sports Club

**Campbelltown and Camden:**
- Wednesday 4 April – a Staying Hydrated and Eating Well flyer will be placed on each patient’s meal tray for breakfast and lunch
- Wednesday 11 April 11am to 12pm - an interactive presentation with information resources available at Ingleburn RSL
- Wednesday 11 April 10am to 2pm - Tai Chi and information resources available at Camden Civic Centre
- Wednesday 18 April 10am to 4pm – Seniors Week Bell and Whistles with stalls and information resources available at the Campbelltown Arts Centre

**Fairfield:**
- Tuesday 10 April 8am to 1pm – Seniors Health Day at Cabravale Leisure Centre
- Throughout April there will be information available in the hospital about fall prevention