

Franklin

healthy life
style group
aims to improve
your families'
future health



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Strengthening the health and well being of New Zealand Families is a key focus of the primary health care strategy. Franklin's healthy life style group is bringing this to franklin.

Join in Franklin's
push play campaign
OCTOBER 2008



**FIT
FRANKLIN
FAMILIES**

**Get
active
together**

Physical activity is a key factor in maintaining and improving health.

Balance Work And Play

Managing the juggling act between paid work and other activities including time with family, taking part in sport and recreation, volunteering or undertaking further study.

IMMUNISATIONS
CARDIOVASCULAR
RISK ASSESSMENTS
GREEN PRESCRIPTION REFERRALS
WELL WOMAN
MAN CHECKUPS

Pay attention
to preventive
and health
care management.

Enjoy Healthy
Family Meals



STEP AROUND THE TRACK! FRANKLIN ON FOOT:

Thursday 2nd October, 5-7pm, Pukekohe Park Raceway

Walking Jogging Marching Orienteering
Dancing Athletics Hip Hop

WHEELCHAIR/PRAM FRIENDLY. NO COST.



JUMP INTO A FAMILY TEAM! FAMILY FUN SPORTS DAY:

Sunday 12th October, 1-4pm Bledisloe Park

Netball 5-a-side Soccer Orienteering
Walking & Jogging

WHEELCHAIR/PRAM FRIENDLY. NO COST.



HOP ON A SPIN BIKE! CANTEN BIKE BASH:

Friday 31st October, 8am-8pm, Pukekohe Town Square

Rostered team relays on stationery bikes.

Water wheel bike and hand cycle,
Push Play Hop, Step, Jump activities.

Raising funds
for canteen



lot's more events see our
WHAT'S ON PAGE 36
www.elocal.co.nz/events

For more information
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