

HEALTHY LIVING



IPSWICH

Issue #23 March 2017



@ipswichhospitalfoundation
#ihfhealthyselfie

DANCING BEAN

Get your tastebuds moving!

HASHTAG HEALTHY

Join our Instagram competition to score great prizes!

HOSPITAL MUSEUM

Step back in time to discover health remedies from the past

IPSWICH 100

Counting down to the popular annual cycling race

Ashton is an ordinary woman in many ways. She is married, 30 years old, a home owner, events coordinator, lover of exercise and life. But there is one thing that Ashton carries around daily that makes her extraordinary. Ashton has Cystic Fibrosis. It is this that makes her ordinary traits extraordinary.

CYSTIC FIBROSIS

Image by Talitha Rice Photography



New beginnings

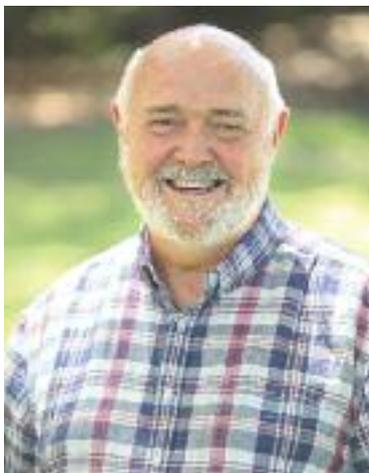
I hope you like the new look and layout of Healthy Living Ipswich.

As in all things, renewal and change can be a fantastic thing. Change gives us new perspectives and insights. Change can even give us a new lease on life.

A major change is happening in my life and this will be the last Tom's Tips. I will be retiring before Easter this year.

I have been with the Ipswich Hospital Foundation for 16 ½ years. It has been an incredible journey and people in the community have been so welcoming and generous of their time, resources and energy.

I hope I have been able to contribute something back to you.



The team at the Ipswich Hospital Foundation (Board Members, staff, trainers, volunteers) is great and I know they will continue to assist in supporting and facilitating a healthier lifestyle for you and enhancing the health and medical services in the community.

Tom Yates, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428
E: healthyliving@ihfoundation.org.au | W: ihfoundation.org.au

“ONE OF A KIND!”

“Tom's commitment over a very long period of time to Ipswich Hospital Foundation and the greater Ipswich community is second to none. His giving spirit is evident in all that he does. I respect Tom and his family more than I can say. They are givers and knowing Tom's character he will continue to give long after retiring from his role at IHF. Thank you Tom, Susan and Isabelle for all you have done for our community!”

“Tom is the IHF, the brand, the organisation. I have always been impressed by his diplomacy and humility. I am in awe of his commitment. Tom is why I aspire to be involved in our community and especially IHF and all that they do.”

Tell us what you think!

Help us keep improving this publication by filling in a quick (1 minute) survey and you will go into the draw to win two tickets to IHF's One Mile Gift Race Day in May!

Visit <https://www.surveymonkey.com/r/9Y95HJ8> we'd appreciate your feedback!

THANKS TOM!



An early Ipswich Hospital Foundation (IHF) Board with Tom Yates (top left).



Tom Yates at the launch of the very first Mall2Mall (now Park2Park) and with Bernie Ripoll, former Member for Oxley, who was a tremendous supporter for many years.



The Ipswich Hospital Foundation has raised many thousands of dollars for the Sunshine Circle children's ward at Ipswich Hospital. The children's ward has always been central to Tom's commitment to IHF.



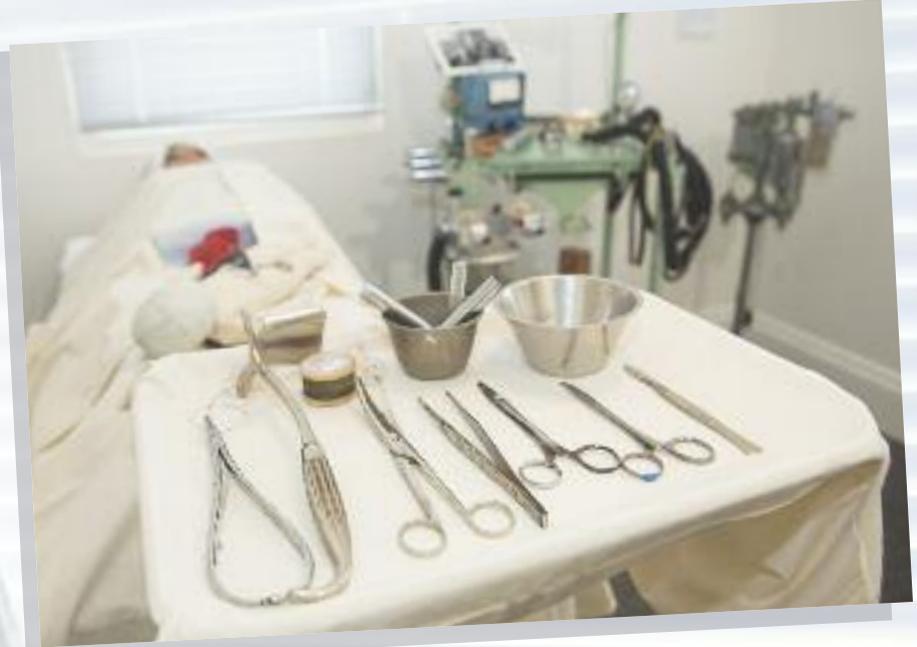
Tom's commitment to the IHF is matched only by his sense of humour and love for people. This is from a Christmas campaign for IHF.



“Excuse me nurse my mattress is made of hay!”



Chelsea Rees
Healthy Living Ipswich Editor



Was Julius Ceaser really the original namesake of caesarean sections and other burning questions can be answered at this seasons Ipswich Hospital Museum display.

Be in the know about Ipswich Hospital's first patient who hailed from Moggil and marvel in the hospital mattress design.

The Ipswich Hospital Museum have yet again transformed memories and ageing artefacts into an engaging display for the public to view.

Ipswich Hospital Museum volunteer Elizabeth McNalty said the museum proudly launches its latest display of Maternity and Anaesthetics of the mid 1900's.

“The display features a caesarean section of the 1930's and the anaesthetic used in that period.

“The recreation also includes a hospital room from when the hospital opened in the 1860's – the comparison to a modern day hospital room really is astounding.



“There are original hospital minutes from the 1800's and interesting items and stories of the hospitals past.

“These include stories about the first patient at the hospital, the first elective surgery at the hospital and the first supposed blood transfusion in Australia.”

The museum is opened every Wednesday from 9am to 12 midday or by appointment and groups are welcome.

The museum can be contacted via www.ipswichhospitalmuseum.com.au or telephone 3810 1254.



Ipswich Hospital's very first patient was a Mr Thomas Tindale Makepeace who was admitted on March 3, 1860.

DID YOU KNOW?

The Ipswich Hospital Museum is open every Wednesday from 9am to 12 midday.

The museum displays change regularly and showcase medical equipment and procedures from when the hospital was first established.

Ashton Greaves is an Ipswich local and would be familiar to many having worked at Figjam restaurant and more recently Ipswich Hospital Foundation.

Ashton is an ordinary woman in many ways. She is married, 30 years old, a home owner, events coordinator, lover of exercise and life. But there is one thing that Ashton carries around daily that makes her extraordinary. Ashton has Cystic Fibrosis. It is this that makes her ordinary traits extraordinary.

Cystic Fibrosis or CF is the most common life threatening, recessive genetic condition affecting Australian children and is often referred to as the invisible illness.

The genetic disease affects a number of organs in the body (especially the lungs and pancreas) by clogging them with thick, sticky mucus.

Ashton was kind enough to talk to Healthy Living about her CF and she started from the beginning...

“My diagnosis was straight forward, my parents knew there was a 25% chance of me being born with CF (since my brother had been born with CF 4 years prior). Unlike my brother I wasn't born with a blocked bowel and underwent the normal CF screening.

“It was an extremely hard and scary time when my brother was born as they hadn't even heard of CF at that stage and had no idea they were carriers of the faulty gene.

“My parents always did everything they could to give me the best chance. Mum particularly was extremely dedicated to my health and wellbeing and followed doctor's orders quite strictly – it is a credit to her that I remained as well as I did as a child.

“She has always been positive about the future and a big believer in taking things as they come. Once I reached an age where it was time for me to take more responsibility of my own health she did let go but encouraged me to continue to work hard at maintaining my health as she had.

“I don't know a life without my treatments so they are normal to me but at times I do feel time poor, tired or frustrated and dream of a life without them. Luckily I like routine and I just adjust my times to suit my work/social/family commitments so that I don't miss out on life and that I feel the best I possibly can every day.

“Even at 30 I am still learning and travelling on my own unique CF journey but I am a lot more open with sharing my experiences and I am not afraid of telling a stranger I have cystic fibrosis like I once was. I would be lying if I said CF doesn't affect my relationship with my husband because it does get in the way of our life at times but it hasn't held us back from travelling or fulfilling our dreams together.”

INVISIBLE BATTLE INTERNAL MARATHON

This year the University of Southern Qld celebrates 25 years as a University and 50 years of higher education with the theme Relentlessly Rising. We often look to celebrities and sportspeople to be inspired to achieve. This made me think of someone I know who overcomes adversity to achieve...



A day in the life

Management and treatment of CF is lifelong, ongoing and relentless. A person with CF may consume up to 40 capsules daily to help digest food and may need to do up to three hours of airway clearance each day.

Treatment generally involves:

- Intensive daily physiotherapy to clear the lungs
- Enzyme replacement capsules with food to aid digestion
- Antibiotic therapy to treat lung infections
- Aerosol mist inhalations via a nebuliser to help open the airways
- Salt and vitamin supplements
- A nutritious, high calorie, high salt, high fat diet
- Exercise – important to help clear the airways

and build core strength.

All this before they even start their normal daily activities like going to school or work.

The facts

- Is the most common life threatening, recessive genetic condition affecting Australian children. In Australia, all babies are screened at birth for CF.
- Is a genetic disease that affects a number of organs in the body (especially the lungs and pancreas) by clogging them with thick, sticky mucus.
- Is an inherited condition. For a child to be born with CF both parents must be genetic carriers for

CF. They do not have CF themselves.

- There is no cure for CF, but the faulty gene has been identified and doctors and scientists are working to find ways of repairing or replacing it.
- New wonder drugs like Kayldeco or Orkambi are currently on the market but aren't available to everyone because of their faulty gene and/or because Orkambi is not currently on the Australian PBS system and is costly to access.
- More than a million people carry the CF gene. Nationally, that's one in 25 Australians but the incidence is even higher in Tasmania where it's one in 20 people
- Today, the average life span for people with CF who live to adulthood is about 37 years

IPSWICH 100 READY TO RIDE AGAIN



iGo City of Ipswich team members Jess and Peter training ahead of Ipswich 100 Bike Ride.

Keep Sunday 23rd April free for the iconic Heritage Bank Ipswich 100 Bike Ride. The iGo City of Ipswich team have not only circled this ride in their calendar, they've been training hard together and sharing some healthy competition!

Ipswich City Council Social Club members have combined to form a team for the Ipswich 100 and are sponsored by the iGo City of Ipswich Transport Plan.

City of Ipswich Transport Plan ambassador Jessica Coates said she would be completing the 100km event alongside her fiancé and parents ahead of her wedding in May.

"It is a great opportunity to be an ambassador for iGo and promote healthy and sustainable forms of travel while supporting this ride.

"I've been into cycling for a while thanks to my parents love for it.

"Cycling makes me happy – it is definitely good for my mental health. No matter what is going on in my life I always feel better after a bike ride," she said.

Fellow team member Peter Clifton said cycling is a great form of exercise and one that you can easily pick back up after some time off.

"I started riding again about 4 years ago and lost 10kgs, now my young daughters are involved in cycling and will be joining me at the Ipswich 100 in April. It is a great activity to do as a family.

The Ipswich 100 Bike Ride is about more than just strapping your feet in and going on a long scenic ride – visit www.ipswich100.com.au to register.

Heritage Bank Imperial 100 Challenge: 168km; Classic 100: 101km; Fun Filled 50: 50km; Esprit 25: 25km; Fun 5: 5km

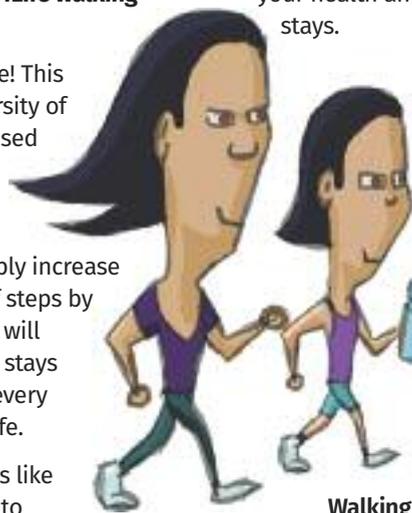
Join us and walk your way to better health

Have you been umming and ahing about joining the Ipswich Hospital Foundations Fit4Life walking groups?

per day (completed in short bursts or a 3km stroll) you can improve your health and avoid hospital stays.

Wonder no more! This week the University of Newcastle released findings which prove that if older Australians simply increase their number of steps by 4300 a day they will reduce hospital stays by one day for every three years of life.

To us that seems like an easy change to make for huge return. So, by adding 40 minutes of walking



If you'd like to walk with a group of friendly people and trainers, visit Riverlink Shopping Centre Walking Group on Tuesdays and Thursday at 7am (meet at the newsagent end) or Redbank Shopping Centre

Walking Group on Mondays and Fridays at 7am (meet at cinema end).

Tried everything?
NOW TRY
Bowen Therapy

OPEN 6 DAYS
PER WEEK

Sue Hamilton's
bowen therapy
at Karana Downs

....a blissfully gentle healing technique that will help Sciatica, upper/lower/mid back pain, hip, leg, groin, knee, ankle & foot pain Shoulder, elbow, wrist, neck & jaw pain.

Digestive, circulatory, elimination & lymphatic (fluid) issues, eyes, ears, sinus, and just about any imbalance in the body both Inside and out!

For an appointment please phone clinic 3201 1959

www.bowen-therapy.net.au • sue@bowen-therapy.net.au



FUN & FITNESS in the park at ECCO Ripley

Monday 5:30pm Low Impact

Thursday 9:30am Mums & Bubs

Saturday 7am Circuit in the Park

Fun Family Fitness sessions 9:30am
Sunday 12 March and Sunday 9 April

All sessions will be held in Brooking Parklands. Check the back page for Christmas break details. www.ihfoundation.org.au for more information.

ECCO RIPLEY

SEKISUI HOUSE



PARKRUN TURNS 3!



Parkrun Ipswich QLD celebrated the end of their terrible twos in style on Saturday 11th February by beating their record number of participants and basking in healthy and not-so-healthy treats afterwards!

Congratulations to the dedicated participants and most importantly the volunteers who keep this run alive. Without you the Ipswich QLD parkrun would not be as successful as it is.

For more information about parkrun visit www.parkrun.com.au



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A Quest apartment provides spacious & convenient accommodation for guests travelling for extended periods of time. It's your home or office away from home, complete with separate living, dining & sleeping areas, fully equipped kitchens and laundry facilities.

57 - 63 Warwick Rd, Ipswich 4305, Qld, Australia
www.questapartments.com.au



#HASHTAG HEALTH

What healthy activities have you been doing?

Join the health conversation with Healthy Living Ipswich

All you need to do is tag Ipswich Hospital Foundation on Instagram

@ipswichhospitalfoundation and #ihfhealthselfie and you could appear in our next issue.

GET YOUR TASTEBUDS MOVING

With its rustic interiors and mesmerising high ceilings the Dancing Bean is one of the newest additions to Ipswich's Top of Town precinct.

The only concern you will have when visiting the beautiful Dancing Bean is how you are going to decide between the signature dancing bean blend or the Ipswich blend, the single origin from Brazil, Columbia, Costa Rica, Guatemala or Kenya. With a clear Latin America presence represented in their coffee, this is coupled with

the sounds of maracas and snare drums creating a cheerful ambiance throughout the entire cafe.

A strong focus on their award winning coffee is not only evident in their expansive selection of origins but also discretely seeped into Dancing Bean's short but sweet menu. The range of tasty offerings include homemade beans and spinach, smashed avocado and feta on sourdough (drizzled with coffee infused balsamic vinegar) and the

perfect on the go option, breakfast burritos.

Dancing Bean also offers a Sunday Brunch menu with throwbacks to traditional Colombian breakfast options such as Huevas Rancheros and El Colombiano. These options are sure to keep your hunger at bay throughout the morning with the use

of sourdough one of the healthiest bread choices you can make. Made from fermented dough, sourdough is high in lactic acid improving its digestibility whilst also promoting healthy gut bacteria.

We definitely recommend a visit but be warned, the urge to start up some salsa dancing may overcome you, especially once you have had one of their outstanding coffees.



Sabra Manttan
Journalist



The funky industrial feel of the interior is enhanced with a huge window that exposes a beautiful internal courtyard.

DANCING BEAN SPECIALTY COFFEE

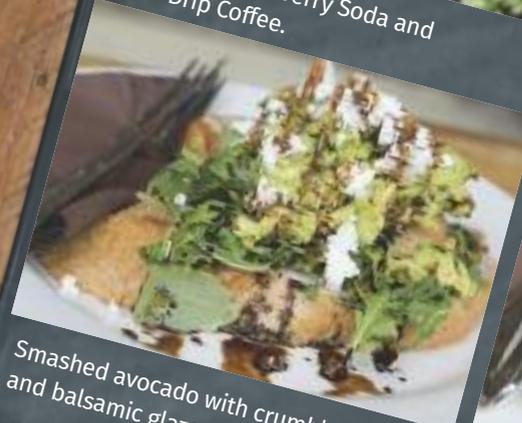
ON THE MENU



Byron Bay Blueberry Soda and Cold Drip Coffee.



Cappuccino.



Smashed avocado with crumbled feta and balsamic glaze with a hint of coffee.



Housemade baked beans on sourdough.



Low acuity ambulance program launched in Ipswich

A new low acuity ambulance program has launched in Ipswich this month to treat non-urgent cases and enhance the use of ambulance resources.

Member for Ipswich Jennifer Howard welcomed the additional services.

“Two LARU vehicles will be servicing the Ipswich community, staffed by paramedics who have received enhanced training in patient assessment and diagnosis.

“This extra resourcing will make a big difference to the delivery of health services in our

community,” Ms Howard said.

Member for Ipswich West Jim Madden explained the enhanced health response LARU will facilitate.

“LARU paramedics are supported by applications and directories available on each

officer’s iPad to ensure patients are directed to the most appropriate health care provider.

“We know that some patients who do not need critical interventions may be suitable for treatment by community-based providers, such as GPs or

other health care providers,” Mr Madden said.

West Moreton Chief Superintendent Drew Hebbroon said more than 60,000 requests for emergency ambulance assistance were received for West Moreton last financial year.

“LARU enables us to better allocate ambulance resources, while maintaining high levels of patient safety and care,” he said.

Mr Dick said that 5.25 LARU officer positions were created in West Moreton as part of enhancement positions allocated in the 2016-17 State Budget.

“Our government is committed to providing high-quality emergency pre-hospital health care to Queenslanders, and getting more health workers on the ground,” he said.

Pictured: Health Minister Cameron Dick and Member for Ipswich Jennifer Howard MP discuss the new service with ambulance officers.

TRIVIA NIGHT
FRIDAY 17TH MARCH
@ IPSWICH TURF CLUB

Raising money for diversional therapy products for sick children

DOORS OPEN AT 6.30PM FOR A 7.30PM START

TICKETS: WWW.IHFOUNDATION.ORG.AU
 CLICK "WHAT'S ON"

\$25 per person
\$180 for a table of 8

TICKET INCLUDES: ENTRY + TRIVIA + HOT FINGER FOOD FOR YOUR TABLE + OPPORTUNITY TOY GAMES & BATTERS

tuffkidz
 Ipswich City Rotary
 Tuffkidz Series
Sunday 19 March 2017

**Have you always wanted to TRI a triathlon?
 TRI the TUFFKIDZ series!**

- Bike • Swim • Run •

Distances specific to school grade level

Ipswich State High School, Brassall
 (from 7am)

Entry fees are \$10.00 per person
 Team entries available

Register online - www.ihfoundation.org.au

"One of the best things we can offer our children is exercise" - Mayor Paul Pisasale

How easy is it to eat healthy?

Health as a business is ever expanding and innovating and this month Healthy Living is commencing its commitment to the readers to test as many healthy food delivery companies as possible.

For this review, Ipswich Hospital Foundation staff weigh in on calorie controlled food delivery service Lite and Easy. *The opinions and experiences of IHF staff are only opinions and should not be considered health advice. This is not a sponsored article.

Lite and Easy

Average Cost?

\$7.50 per meal. Breakfast lunch and dinner - 7 days is \$157.00 per person for 1500 calorie a day plan. Also available in 1200 or 1800 calorie plans.

What do you get?

Every component for the meal plus snacks. Milk excluded. You can choose the different options - i.e. Option A or B and the menus change per season. Breakfast could be toast with spinach, egg and bacon and tub of fruit as an example.

Value for money?

On the whole not too bad. You don't have to cook and are inclined not to overeat. When you consider there is no grocery shopping, prep work, cooking, less dishes in the dishwasher, it is pretty good value!

Flavour?

Quite good. Dinner meals I feel can get a little monotonous but if it means I don't have to cook I can put up with that. There is generally a good range of fresh and frozen meals/elements.

Ease of ordering?

Easy to order (using mobile friendly site especially), delivery is free and days are set for your area but times can vary a little. You can also change up your order each week depending on your food preferences. The food is packaged in Styrofoam with dry ice packs to ensure the right temperature is kept.

Other comments?

I like to order only 5 days out of the week as this allows for going out for dinner and schedule changes. It is 'lite and easy' like they suggest.

GOING VEGETARIAN? *What are the benefits?*



When people consider adopting a vegetarian diet, many hope it will lead to positive effects on their health. But before you jump head first into a meat-free diet, what do you need to consider before making the change and which foods can help maintain adequate nutritional intakes eating a vegetarian diet?

The term 'Vegetarian' is slightly more complex than simply not eating meat. The variety of food sources included in a vegetarian diet varies depending on the individual. In general the 3 main types of vegetarians:

1. **Vegan** - strictly plant food sources only.
2. **Lacto vegetarian** - a combination of plant and dairy derived food products.
3. **Lacto-ovo vegetarian** - plant foods, dairy and eggs.

Benefits to eating a vegetarian diet

Rich in vitamins, anti-oxidants, phytochemicals and full of fibre, vegetarian diets are an excellent way to increase fruit and vegetable consumption, reduce high quantities of saturated animal fats in your diet and generally promote positive overall health.

Not only is there is increasing evidence to support an increased intake of vegetables and fruit helps reduce the risk of chronic disease, but high in water content and low in calories, consuming plant based foods may also assist in weight management. The Australian Dietary Guidelines recommends at least 5 servings of vegetables a day and with many of us not achieving this, a vegetarian diet may help some increase their daily consumption.

Things to consider before becoming vegetarian

Before commencing a vegetarian diet and eliminating meat and animal derived foods products from your diet, planning is necessary to ensure that the body's nutritional requirements are met.

When we eliminate food groups from our diets, it is necessary to ensure we still maintain essential nutrient intakes in the existing foods we are consuming. Vegetarian diets have the potential to lack certain macro and micronutrients if a wide variety of plant based foods are not eaten and although they still do supply them, they are not always in high quantities. These lower quantities may include protein necessary for growth and repair of the body, iron essential for red blood-cell oxygen transportation, calcium for strong bones and teeth, Vitamin-D to help with calcium absorption and zinc necessary for internal body maintenance and our immune system. Even so, it is still highly achievable to maintain optimal nutritional intakes by including some of the following foods in your vegetarian diet.

FOODS TO INCLUDE IN A VEGETARIAN DIET:

- Whole-grain breads and cereals including fortified breads and cereals.
- Vegetables rich in colour and variety - (dark green leafy vegetables are particularly good for iron and calcium intakes).
- Fruits (including dried fruits such as sultanas)
- Legumes, lentils, beans (Fresh or canned)
- Nuts, seeds, tofu and soy products.
- Eggs, dairy products, fortified milks such as soy and almonds.
- Olive oil, flaxseed oil, fortified margarines

If you are a hard-core meat eater, a complete vegetarian diet may not be for you, however you can still adopt the occasional vegetarian meal throughout the week. Try substituting 1-2 evening meals per week with some of the above meat-free options for a lighter introduction to vegetarianism. Always seek professional advice from a health professional, registered dietitian or nutritionist before adopting a major diet change to ensure you are meeting all your daily nutritional requirements.



Deidre Taylor
Nutritionist



Day procedure funding

Having an operation or procedure can be stressful for anyone, especially children, so making sure Ipswich Hospital Day Procedures Unit is well stocked with sufficient distractions is paramount.

In early December 2016 Ipswich Hospital Foundation granted the Ipswich Hospital Day Procedures Unit \$1000 to revamp and restock the dedicated waiting area for children.

Ipswich Hospital Day Procedures Nurse Unit Manager Dianne Lokan said the unit had already received some amazing feedback from parents and family members about how nice it's been having these items available to the children. We'd really like to thank the Ipswich Hospital Foundation for this generous donation, it makes such a big difference to the children we see in the unit. These



new books, toys and the lovely table and chairs setting make a child's hospital visit or stay so much more comfortable and enjoyable. The grant also allowed the team to purchase new storage shelves, an interactive floor mat and sensory play items.

To donate to Ipswich Hospital Foundation to continue the funding and enhancement of health care in the region, visit www.ihfoundation.org.au and click DONATE.

Hard to swallow?

West Moreton Speech Pathologists remind the community to be aware of Dysphagia (difficulty swallowing), especially on Swallow Awareness Day (15th March).

More than 1 million Australians have difficulty swallowing. One in 17 people will develop some form of dysphagia in their lifetime. Speech pathologists work with families and individuals across the lifespan to ease the burden of dysphagia and help people regain their basic right to swallow. A swallowing problem can occur at any stage in life. Babies born prematurely, those with heart defects or damage to the brain (e.g. cerebral palsy) often have swallowing problems.

Children with abnormalities in the structures of the head, neck and face such as cleft lip or palate may also have difficulty feeding.

Eating and drinking is an important part of everyday life. Not only do we need to eat and drink to live, but eating and



drinking should be an enjoyable pastime and many social activities happen around eating and drinking.

For more information visit www.speechpathologyaustralia.org.au

swallowing awareness day

Wednesday
15 March 2017



PEOPLE SWALLOW

900

TIMES PER DAY
(ON AVERAGE)

Swallowing uses
26
muscles

More than
1 million
Australians
have difficulty
swallowing

A swallowing disorder may affect:

15-30% of people aged 65+ living in the community

50% of older adults in nursing homes

84% of people with Parkinson's disease

100% of people with Alzheimer's, at some point in their disease progression

20% of adults with mental health disorders

45% of patients with head and neck cancer, post chemoradiotherapy

40% of stroke survivors have an ongoing need for support for swallowing

25% of patients with Multiple Sclerosis have swallowing difficulties-increasing to as many as 45% of those with severe Multiple Sclerosis.



dysphagia



Dysphagia

(dis-fay-juh)
noun, difficulty or discomfort in swallowing.



GET FIT4LIFE FOR LESS COST

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information visit ihfoundation.org.au or phone 1300 736 428. Maximum class cost \$5.

For just a \$15 donation per fortnight you are entitled to unlimited Fit4Life classes, discounts to IHF healthy events and merchandise, member's prize draws and your own membership card.

The IHF membership will not only save you money if you are a regular attendee at IHF activities, it will mean you have membership to a group which is striving to Become the Healthiest Community in Australia.

Visit www.ihfoundation.org.au to join.

FIT4LIFE LOW COST FITNESS ACTIVITIES

Summer Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Fitness Bundamba State Primary School				5.30pm		
Redbank Walking Redbank Plaza	7.00am				7.00am	
Boxercise Lobley Park Churchill			5.30pm			
Running Bill Paterson Oval Limestone Park	5.30pm		5.30am	5.30pm	5.30am	
Energiser Amberley District State School	5.30pm					
Riverlink Walking Riverlink Shopping Centre		7.00am		7.00am		
Circuit in the Park Lobley Park Churchill	5.30pm					
Mums & Bubs Fitness Queens Park Nature Centre				8.30am		
Mums & Bubs Robelle Domain stage					9.00am	
Park Run (near) Bill Paterson Oval Limestone Park						7.00am
Aqua Fitness Bundamba Swim Centre			6.00pm	9.30am		
Zumba Bundamba State School		5.30pm				

ECCO RIPLEY FUN AND FITNESS IN THE PARK

Low Impact Brooking Parklands, Ripley	5.30pm					
Mums & Bubs Brooking Parklands, Ripley				9.30am		
Circuit in the Park Brooking Parklands, Ripley						7.00am

DIABETES SUPPORT IPSWICH

Do you have diabetes and want to talk about it? Share and learn at a professional, coordinated support group.

The group meets on the 2nd Thursday of each month at Ipswich Health Plaza Auditorium, Bell Street at 9.30am.

Guest speakers include Dietitians, Pharmacists, Optometrists, Podiatrists and Nursing staff.

Contact Coordinator Marlene on 3281 4859 for more information.

Bookings not required

Make 2017 your year of fitness with Body Joy. We help people of all ages look and feel their best.

First session FREE of charge with this offer!

Phone Susan 0417 750 364
bodyjoy.com.au

Personal Training Group Fitness Yoga



60 AND BETTER
You can't turn back the clock, but you can wind it up again!

Weekly fun fitness activities for the 60 and better!

Square Dancing

Beginners Monday 12.00-1.00pm
1.00-3.00pm
\$3, \$6 Caller costs
Annex, Humanities Building
56 South Street Ipswich

Boccia

Tuesday 9.00-12.00pm
\$2 donation welcome
Includes morning tea
Annex, Humanities Building
56 South Street Ipswich

Table Tennis

Tuesday 1.00-4.30pm
Friday 1.00-4.30pm
\$2 donation welcome
Bring afternoon tea to share
Annex, Humanities Building
56 South Street Ipswich

Tai Chi for Diabetes

Wednesday 2.00-3.00pm
\$5 instructor costs
Cafeteria, Level 1,
Humanities Building
56 South Street Ipswich

For further information please contact Ipswich 60 and Better Program on 3282 8644 or www.60andbetteripswich.com.au



1997 - 2017

Save the date



CELEBRATION

GALA



SATURDAY

9 SEPTEMBER 2017

