

Heart Week 2024 (6-12 May 2024)

Heart Week is Australia's annual Heart Health Week. This year, Heart Foundation are encouraging people to speak to their GP about getting a heart health check. Heart disease is the leading cause of death in Australia. Many heart attacks and strokes can be prevented through healthy behaviours like eating a heart-healthy diet, being active, maintaining a healthy weight and being smoke free. Many people may not know their risk of developing heart disease, especially since you often can't feel risk factors like high blood pressure and cholesterol.

If you would like to join the Heart Foundation Walking group, the group meets each Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

Health & Wellbeing Expo 2024

The Health & Wellbeing team are in the process of organising the Health & Wellbeing Expo for this year. The Expo will be held on Saturday 3 August at Rawson Hall between 10am – 1pm. If you would like to be an Exhibitor or be a healthy food provider at the Expo this year, please contact Maria Massey on 22687 or email maria.massey@health.nlk.gov.nf and a form will be sent to you to fill in and return to secure your spot.



Get Mindful this May!

Our mindset and way of thinking are important in determining how we feel throughout the day. Starting our day with mindfulness can help us to focus less on our negative thoughts and more on being present and positive for the day.

You can try mindfulness simply by giving yourself time to sit with your thoughts and stay present with how you are feeling, allowing your thoughts to come and go without feeling any judgement or attachment to specific thoughts and allowing your mind to relax.

Mindfulness has a lot of benefits, including:

- improved wellbeing and stress management
- better sleep
- mindful eating which may assist in weight management
- improved outlook on life from being better able to enjoy the moment
- better focus and ability to work on achieving goals

For more information on Mindfulness have a look at <https://www.healthdirect.gov.au/mindfulness> .