



Great tips for healthy living

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The Health and Wellbeing Expo is on again next week and will have a variety of information and displays promoting healthy and active lifestyles.

Highlights of the expo will include a range of products to come and try and Cairns Regional Council Mayor Val Schier is encouraging everyone to attend.

"It is free, all ages can come along and play and there are great prizes to be won," Mayor Schier told the Gazette.

There will be free samples of different services including various types of massage and martial arts, and all day demonstrations including salsa dancing, scrapbooking and card making and beauty products.

There will be information at the expo on community services to help promote wellbeing, social participation and independence for people of all ages.

"The expo is just one way council is helping to build a healthier and more sustainable community," Mayor Schier said.

"The expo will include information and activities for all ages, but as it coincides with Seniors Week, we are particularly encouraging stallholders that promote health, social participation and independence for seniors.

"Visitors to the expo can learn about various assistance organisations and services that are available and get some tips on healthy eating and maintaining an active lifestyle.

"Free, healthy refreshments will be available and there will be lots of demonstrations to encourage people to get involved in new activities."

Services on display include Rotary, Douglas Shire Community Services, Douglas Arts Base, Lifeline, QCWA Mossman and several health services.

The Expo will have important tips for seniors to maintain independence as well as information from the Port Douglas Neighbourhood Centre on services for families of children with disabilities in the community.

Division 10 councillor Julia Leu encouraged everyone to attend this year's Expo.

"It is a great opportunity to find out how to improve our health and live a more active lifestyle, and it's great to find out what is available in the area," Leu said.

"It is a chance to talk to people in health and wellbeing in our community and presents an opportunity to ask questions to the health experts."

Free refreshments and fruit will be available all day and there will also be food and drink to purchase at a minimal cost from the Mossman Community Centre's Community Kitchen.

Come along and have a taste of what is on offer at this year's Health and Wellbeing Expo to find out what is on offer in the local community and to enjoy some freebies.

Doors open between 10am and 4pm on Tuesday, August 23 at the Mossman Shire Hall and it is free entry, with over 30 stalls to view and various demonstrations to watch.

Cairns Regional Council in conjunction with the local Community Agency Network invites you to

Health & Well Being EXPO 2011

WHEN: Tuesday 23rd August 2011

TIME: 10.00am to 4.00pm

WHERE: Mossman Shire Hall, Mill Street, Mossman

Be informed of various activities and services in our local area with a range of static and Come and Try displays and live demonstrations promoting healthy and active lifestyles, social participation and independence for families and individuals of all ages.

Free refreshments and fruit will be available throughout the day as well as Mossman Community Centre's Community Kitchen providing nutritious food at a nominal cost.

Just some of the stalls at this year's Expo

- 10 knots
- Aikido Ki Society North Qld Inc
- ATODS (Alcohol, Tobacco and Other Drugs)
- Cairns Community Legal Centre
- Cairns Regional Council
- Cairns Regional Council - Libraries
- Centrelink
- Chronic Health Solutions
- Douglas Arts Inc (DAB)
- Douglas Shire Community Services Assoc
- Douglas Shire Historical Society
- Enjo
- Gambling Help FNQ
- It's my Time - Fitness for Women
- Kaszazz Scrap booking and Card making
- Lifeline
- Mary Kay Cosmetics
- Meals on Wheels
- Mossman District Nursing Home Inc
- Mossman Multi Purpose Health Service
- Partylite
- Port Douglas Neighbourhood Centre
- Positive Ageing Cairns Inc
- QCWA Mossman
- Qld Assoc of Healthy Communities
- 2 Spirits
- Sexual Health Qld Govt
- Rotary
- Suzannah Furphy
- The Body Shop at Home
- Tina Hoffman - Hawaiian Massage
- TLB Projects
- Total Wellness FX
- Yoga TOTE

Time	Activity
10.00am	Doors Open
1.00pm	Official Welcome
1.30pm	Salsa Dancing Demonstration
Throughout the day	<ul style="list-style-type: none"> • Free Blood pressure, blood sugar testing • Scrap booking and card making demonstrations • Body Shop at home demonstrations • Mary Kay demonstrations • Ki Development workshops • Guided tours to Douglas Arts Base (DAB)
4.00pm	Close

Visit Council's interactive display at the Expo and try your luck at Sustainability Hoop-La! Find out easy ways you can help develop a sustainable local community by:

- Participating and connecting
- Using less energy
- Buying locally
- Reducing, reusing and recycling
- Backyard biodiversity
- Valuing our water

It's free to enter, all ages can play and there are great prizes to be won!

Council is proud to work in collaboration with Mossman Multi Purpose Health Service and the Community Agency Network (CAN) to deliver the Expo and appreciates the support and participation by community organisations, businesses and individuals.



10 knots®



...perfect working conditions

Jo & Matt Bedwell look forward to seeing you at the Health & Wellbeing Expo. Presenting our quality uniforms for Health & Spa Practitioners & Super Yacht Crew.

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