



# Media release

For immediate release

Date: 14 November 2013

## Healthy living for Subi seniors

Enrolments are now open for the city's Subi Active Seniors Healthy Living program 2014. The program aims to help combat chronic disease and increase awareness about health issues affecting seniors.

The seven week hands-on course is a series of educational workshops, activities and cooking classes run by Nutrition Australia at the Subiaco Community Centre.

Participants learn about healthy eating, budgeting and chronic disease education based on science and practical nutrition information, in a relaxed and social learning environment.

At the end of each class participants share a meal they have prepared and reflect on the week's learning.

The current group of participants started the course on Tuesday 16 October and will finish on Tuesday 27 November.

Mayor Henderson said: "It is very important for our senior community members to have access to the correct information and to feel empowered to make the right decisions about their health every day."

She continued: "This is the first time that the city has run a program like this, and the feedback has been very positive."

Participants also receive credible and practical nutrition resources that they can take home with them and implement in their daily lives.

The program was made possible by a grant the city received as part of the Productive Ageing through Community Education (PAAtCE) Program via the Department of Industry, Innovation, Climate Change, Science, Research and Tertiary Education.

Participant Maria Kurtis has enjoyed learning about healthier options that she can make at home. She said: "I often use a lot of salt in my cooking, but I found the food was very good without much salt. I was surprised."



Ranjan Ray joined the class to learn how to cook simpler, healthier meals. Mr Ray said: "The classes are very interesting. I think I have learnt a lot already".

Enrolments are currently being taken for the next course which will run from Tuesday 1 February to Tuesday 25 March 2014.

If you are interested in enrolling, please contact the city at [adminscc@subiaco.wa.gov.au](mailto:adminscc@subiaco.wa.gov.au) or phone 9237 9320.

**-ends-**

#### **Photo**

Maria Kurtis and Ranjan Ray practising their healthy cooking skills (John Warrington in background).

#### **Notes to Editor**

The City of Subiaco is recognised as a local government leader in a range of areas such as environmental and social initiatives, and long-term planning for the future. It is located in the inner metropolitan area of Perth and includes the suburbs of Subiaco, Daglish and parts of Nedlands, Shenton Park, Crawley and Jolimont. A major centre for employment with a diverse and growing business sector, the city provides important services, including waste collection, town planning and public recreation facilities, to more than 19 000 residents. The city aims to maintain its vibrant sense of community and enhance the lives and well-being of everyone who lives, visits and works in Subiaco. For more information about the City of Subiaco, visit **[www.subiaco.wa.gov.au](http://www.subiaco.wa.gov.au)**