

LIFEX TERM 4

Oct 15 - Dec 21 2018

WHAT IS LIFEX?

Hosted by **FIGHTING CHANCE** Social Worker Jo Berry and qualified class instructors, you will be supported to learn new skills with your peers, in a fun and educational format.

Classes and workshops are open to people of all abilities and you don't have to be a **FIGHTING CHANCE** participant to get involved!

ATTENDANCE FEES

There are two options from your NDIS funding that you can use to attend these sessions:

- Improved health and wellbeing, increased social and community participation
- Core funding

You may also be able to use other government funding, self-funding, or we are happy to talk about any other arrangement that would work for you.

Some classes may also require a small contribution towards class facilitators or resources in addition to the above NDIS fees.

WHAT'S ON IN TERM 4?

Taking place at our headquarters in Frenchs Forest, LifeX empowers people with disability to learn new skills & gain confidence alongside their peers in a supported & educational workshop format.

We are excited to have classes such as Music, Yoga & FutureTech back by popular demand for Term 4, as well as a new addition!

MUSIC

Anita from Tuned In Music is back again for another Term of great music lessons! Join us for singing and playing instruments to all our favourite tunes.

YOGA

A relaxing yoga class for all abilities run by Philli from Kai Yoga, who holds a wealth of experience with a wide range of disabilities. This class will focus on movement and breathing, as well as the link between the body and mind.

HEALTHY EATING & FOOD PREPARATION

This Term Jo Berry will be joined by Georgie from Hit100 to present Healthy Food workshops about making healthy food choices, learning how to make some basic healthy meals and snacks as well as learning key kitchen safety skills.


FUTURETECH


Our tech & coding workshop led by Fighting Chance & Code4Fun mentors! Join our Social Class to play computer games online with friends or our Learning Class to develop skills in computing, coding & robotics.

**FULL
TIMETABLE
OVER THE
PAGE!**

REGISTER NOW!

Don't miss out! Classes fill fast. Let us know which classes you would like to attend & organise payment details by contacting:

 jo@fightingchance.org.au

 (02) 9905 0415

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TIMETABLE

TERM 4 2018

MONDAY MUSIC 3:30-5:00pm	TUESDAY YOGA 3:30-4:30pm	SATURDAY FUTURETECH SOCIAL 10:00-11:30am
WEDNESDAY HEALTHY EATING & FOOD PREP 3:30-4:30pm	THURSDAY	SATURDAY FUTURETECH LEARNING 11:30-1:00pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 Oct 15-20		YOGA	HEALTH EATING & FOOD PREP What is healthy eating?			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 2 Oct 22-28	MUSIC	YOGA	HEALTH EATING & FOOD PREP Understanding food groups and nutrients			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 3 Oct 29-4	MUSIC	YOGA	HEALTH EATING & FOOD PREP Planning healthy meals and snacks			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 4 Nov 5-11	MUSIC	YOGA	HEALTH EATING & FOOD PREP Kitchen safety week			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 5 Nov 12-18	MUSIC	YOGA	HEALTH EATING & FOOD PREP Lifestyle, sleep, & mindfulness			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6 Nov 19-25	MUSIC	YOGA	HEALTH EATING & FOOD PREP Healthy drinks			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 7 Nov 26-2	MUSIC	YOGA	HEALTH EATING & FOOD PREP Lifestyle, sleep, & mindfulness			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 8 Dec 3-9	MUSIC	YOGA	HEALTH EATING & FOOD PREP Healthy eating at Christmas time			FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 9 Dec 10-16	MUSIC					FUTURETECH SOCIAL	
						FUTURETECH LEARNING	
WEEK 10 Dec 17-21	MUSIC						