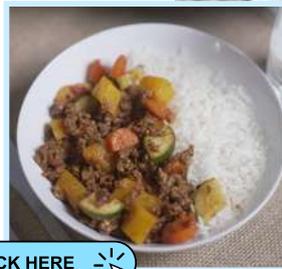


## Warming recipes to keep the chill away



Warm up this winter by making some delicious home cooked meals including curries and soups! Soups and curries can be a great way to boost vegetables in your meals and support your immunity in the cooler months. Check out these six delicious and healthy recipes including beef curry and lentil soup, with instructional videos from the Growing Healthy Kids website!



[CLICK HERE](#)



## Winter fun in the sun



[LEARN MORE](#)

Physical activity outdoors can be enjoyed all year round, including winter. Being active outdoors is important for your overall health. It may be warmer inside, but with these tips outdoor physical activity can still be enjoyable:

- **Wear layers of clothing** so you can remove outer layers as you warm up.
- **Wear a warm hat or beanie and/or gloves** to keep your head and hands warm.
- **Wear suitable footwear** especially if the ground is wet.
- **Stretch and warm up your body** before going outdoors.
- **Drink water and remain hydrated** especially as heating can reduce air moisture.



# Healthy Family Bulletin

## Turn off the screen and try yoga

A great physical activity to practice at home that can involve the whole family and be modified for all ages and abilities is stretching or yoga. There are numerous benefits to participating including improved body flexibility, reducing stress, improving concentration, toning of muscles, flexibility, improved breathing and blood circulation.



- [Click here](#) to read more about the benefits of yoga for the whole family.



Try these fun [aquatic animal yoga poses](#), then try them yourself without the screen.

## Get ready to Go4Fun

Families can play fun games and learn about healthy eating when they join Go4Fun in July. Registrations are now open for the Term Three program, which will be held at five locations across south western Sydney from 17 July. The program includes two new sites at Spring Farm Community Centre and Bankstown PCYC.

Trained health professionals deliver the 10-week, after school program to children aged 7 to 13 who are above a healthy weight, and their families. Children learn new ways to stay active. Parents and children learn healthy eating tips including how to read food labels.





# Healthy Family Bulletin

## Winter flu is highly contagious

NSW Health

### Flu in kids can be serious

Protect your child from the flu  
Get your child their FREE flu shot today

Flu shots are safe and FREE for children aged 6 months to under 5 years  
Speak to your GP

www.nsw.gov.au/flu

The flu is highly contagious and most commonly occurs in autumn and winter. Here are some resources available in languages including English, Arabic, Greek, Hindi, Italian, Simplified Chinese, Spanish and Vietnamese. They also provide information about the flu shot, which is available free to people who are at a higher risk of severe illness from the flu.

This includes:

- Children from six months to under 5 years of age.
- People with health conditions including cancer.
- Pregnant women.
- Aboriginal people from 6 months of age.
- People who are 65 and over.

Book your flu shot through your doctor, pharmacist or Aboriginal Medical Service.

>>> For more in-language information, [CLICK HERE](#)

## Social group for seniors

If you're over 65, come and join a new social group and enjoy free weekly activities including yoga, tai chi and cooking and art classes. The Liverpool Seniors Wellbeing and Social Group hosts events at Lurnea Community Hub every Tuesday to Thursday, from 10am to 12pm. Get active, improve your wellbeing and meet new people. Enjoy light refreshments after each session.



To register or for more details, phone Alison Jones on 0410 144 372 or email [alisonj@collectiveleisure.com.au](mailto:alisonj@collectiveleisure.com.au)

