

Poi for your Health Nelson Tasman Workshops

15 & 16 August, 2019

Greenmeadows Community Centre

Age Concern Nelson Tasman and SpinPoi are teaming up to present a series of hands-on workshops around playing poi to keep the mind and body fit. Whether you are a health care professional or would just like to try giving the poi a twirl, these workshops are for you! See below for information on the different sessions.

You MUST register to attend.



General Workshop: Poi for your Health

Thursday 15th August, 10-11am.
FREE event

Introductory Training Course: Poi & Rest Home/Hospital

Thursday 15th August, 1- 4pm.
\$30.00

Introductory Training Course: Poi & Independent Living

Friday 16th August, 10-3pm.
\$50.00, Lunch provided

About the Instructor

Dr. Kate Riegle van West is an artist, scientist, and researcher with a passion for play and wellbeing. She completed her PhD in the health benefits of poi at the University of Auckland, where she conducted the first study to scientifically investigate the effects of poi on physical and cognitive function. She was awarded the Future Leader Award from the Royal Society of New Zealand for her work in the poi/health field, and is currently the leading expert on utilizing poi in aged care to keep the mind and body fit.

For inquires or to register, please get in touch.
Inquires regarding the workshop content: Kate Riegle van West (SpinPoi)
kate@spinpoi.com

Registration and other inquiries: Marrit Walstra-Russell (Age Concern)
community@ageconcernnt.org.nz or 03 544 7624