



# Amaranth Foundation Community Care Newsletter

**August 2019**

*Amaranth Foundation*  
now offering

## **MEN'S GROUP**

A special group to support men facing and coping with life problems, stress and mental health issues.

Every Friday evening: 5.30pm - 7.30pm

Amaranth Corowa, 57-65 Redlands Road

Contact: (02) 6033 1738 option 1

Session includes a BBQ dinner.

Gold coin donation



### **Inside this Newsletter**

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ABN: 701 355 012 81  
Registered Charity

We have equipment available for hire  
— please phone or call in for details.

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## What you EAT matters

What you eat determines how you feel and how you think. Your behaviour, mood and physical wellness are linked directly to the quality of your personal nutrition.

*...the way you eat, drink, move, sleep, think, breathe and perceive don't just impact on how you feel, function and look today; they are going to influence how you feel, function and look in the future.*

*Dr Libby Weaver*

<https://www.foodmatters.com/article/longevity-is-the-new-anti-aging>

Your body and brain require nutrition from food to function, grow, repair and energize. Eating a balanced, real-food diet based on vegetables, a low amount of carbohydrates, moderate protein and good quality fats, will provide the nutrition required to support your body and brain in health and well-being.

Using food as medicine you can achieve goals that allow access to improved physical and mental health and wellbeing. Rebecca will help you by identifying your personal nutritional needs, and then support and guide you in the process of achieving your goals.

**Rebecca Moore**  
**Clinical Nutritionist**  
**Amaranth Foundation**

For an appointment please phone: (02) 6033 1738 option1.

Your initial consultation will be an hour and will include a thorough nutritional patient assessment, covering all body systems.

A personalized tailored program is created for YOU focusing on YOU.

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## **Art @ Amaranth**

For those wanting to try something new, the interested, and the experienced

Some equipment available

If you would like some ideas, guidance is available

All welcome

Every Wednesday @ Amaranth Corowa

Time: 10.30am to 2.00pm

## **Monday @ Amaranth**

Fellowship, chats and laughter

Contact Amaranth Corowa and ask about our monthly luncheon

When: 1st Monday of the month

Time: 12 noon to 2.00pm

Gold coin donation

## **Zen Do Chair Yoga @ Amaranth**

Chair Yoga and Meditation Classes

Every Tuesday @ 9.30am and again at 6.00pm

1 hour @ \$10

@ Amaranth Corowa

Designed for all ages, gender and ability.

Using a chair instead of a mat, participate in guided, easy to follow movements.

Helps with stress/ anxiety, sleep, study, concentration, pain management,

balance, movement & flexibility

## How to contact us

### Corowa Counselling Centre

Corowa 57- 65 Redlands Rd

COROWA NSW 2646

Ph: (02) 6033 1738 opt 1

Fax: (02) 6033 3507

### Health & Wellbeing Centre

46 Peter St

WAGGA WAGGA 2650

Ph: (02) 6033 1738 opt 2

Fax: (02) 6971 9607

Email: [support@amaranth.org.au](mailto:support@amaranth.org.au)

Web: [www.amaranth.org.au](http://www.amaranth.org.au)



[@AmaranthOz](https://twitter.com/AmaranthOz)



[Amaranthfoundationoz](https://www.instagram.com/Amaranthfoundationoz)



Registered Provider



NDIS Client Care Coordinator (Corowa): Maree

NDIS Client Care Coordinator (Wagga Wagga): Kendall

## What to do to get help

Step 1: Contact us via email, phone, facebook or call in to see us.

Step 2: Discuss your needs with our Client Care Manager or Coordinator

Step 3: Receive on-going personalized support with our unique wrap around approach

How you **Live** matters