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Level 4
99 Melbourne Street
Brisbane, QLD 4000
www.stockland.com.au

T 07 3305 8600
F 07 3305 8702

SENIORS CELEBRATE WITH FREE WEEK-LONG FESTIVITIES AT BIRTINYA RETIREMENT VILLAGE

For media enquiries

Teela Jurgensen
Pitch Public Relations
T +61 (0)7 3398 8660
M +61 (0)432 190 575
teela@pitchpr.com.au

Monique Brown
Media Relations Manager
Stockland
T +61 (0)2 9035 3435
M +61 (0)438 995 791
Monique.Brown@stockland.com.au

A host of free activities, including Laughter Yoga, will get Sunshine Coast locals smiling for Queensland Seniors Week at Stockland's Birtinya Retirement Village.

The program of vibrant events has been created to support the health and wellbeing of seniors in the community with fitness classes, tai chi, a healthy eating and cooking demonstration and a social gathering on offer from 18 to 24 August.

Pauline Barton, Regional Development Manager for Retirement Living at Stockland, said the celebrations at Birtinya Retirement Village were designed to promote healthy living among seniors and to enhance their connections within the community.

"Stockland is dedicated to supporting active and balanced lifestyles and we're pleased to be able to offer a unique range of events for seniors held in the state-of-the-art facilities at Birtinya Retirement Village," Ms Barton said.

"Each activity will be guided by accredited professionals who are experts in their fields of health, fitness and nutrition and we encourage anyone wanting to join in to register their details as places are limited."

Included in the program is a highly-anticipated Laughter Yoga class on Thursday, 23 August at 10am, which will be hosted by Sunshine Coast wellness practitioner Lyn Norman.

Ms Norman said that as well as Laughter Yoga being great fun, it also helped to fight stress, reduce blood pressure, promote breathing techniques and was a good way to relax the body and mind.

"Laughter Yoga comes down to one thing and that's that laughter is the best medicine," Ms Norman said.

"A lot of people don't realise the body doesn't know real from fake laughter and that forcing a laugh still increases endorphins and boosts general wellbeing."

While there aren't any jokes involved with Laughter Yoga, participants are coached through a range of stretches and are encouraged to make eye contact with their classmates while laughing at the same time.

“Many participants find that they end up doing big belly laughs and leave feeling totally relaxed,” Ms Norman said.

“It really lifts people’s spirit and we find many passers-by often stop to join in.”

The program also includes Seniors Stay Active Classes held on Monday, 20 August, and Wednesday, 22 August, which will involve a short walk, circuit class and presentation from exercise physiologist Dr Gavin Buzza.

Aimed at helping to improve fitness, muscle strength, coordination and balance, these classes will assist seniors with easily incorporating exercise into their daily routines.

A Healthy Eating Workshop and Cooking Demonstration focusing on the benefits of the Mediterranean Diet will be held on Tuesday, 21 August at 10am.

This session will be held by accredited dietician and nutritionist Jody Pollard, who will present a live recipe demonstration and tasting showing simple ways to improve health using delicious and interesting recipes.

For those wanting to try something different, Tai Chi for Beginners will be held on Friday, 24 August, at 10am, followed by a Happy Hour from 4.30pm where attendees and future residents can meet for a drink and a chat.

All events will be held at the Birtinya Retirement Village Clubhouse at 3 Reflection Crescent, Birtinya. Light refreshments and tours of the village will be available after all activities and participants can also go in the draw to win a 60-minute relaxation massage at the new Health & Wellness Centre.

Registrations are essential for each activity. To book your free spot, or learn more about the activities being held during Queensland Seniors Week, visit the News and Events page at www.stockland.com.au/RetireBirtinya.

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About Stockland: Stockland (ASX: SGP) was founded in 1952 and has grown to become Australia’s largest diversified property group – owning, developing and managing a large portfolio of shopping centres, residential communities, logistic centres, business parks, office assets and retirement living villages. Stockland is rated as one of the most sustainable real estate companies in the world by the Dow Jones Sustainability World Index (DJSI). Stockland is also an Employer of Choice for Gender Equality, as recognised by the Workplace Gender Equality Agency www.stockland.com.au