

Welcome to our first newsletter for 2023! Better late than never....

We started our January a little slower as the world was still shutting down over the Christmas/New Year period. However, we remained busy and determined. We brainstormed and planned for what our next three months will look like and boy, I'm excited.

Enough about that, it is appropriate to focus this newsletter on some of the events that will happen in the next few weeks. One of which is O Week at Vitality Village and the release of our HIH video (see article). Personally, I want to make an impact on lives. We are blessed even when times are simply SHIT. I vision for my team and I to deliver services in ways that will promote positive engagement, personalised support and connection between a service provider and clients that matches so that life can be a little easier, fun, fulfilling, accomplishing with many moments of joy - therefore, I welcome POSSIBILITIES.

Love May



Staff news

Welcome to our newest staff member Miguel. Miguel comes to us with wealth of experience in working with individuals to meet their goals and has trained top performing athletes.

We are excited to have Miguel involved as a Support Worker and in our Age Well, Live Well. Move Well and Thrive Program.

Happy Birthday Hilary!



Miguel, Jordan and Nathan (left to right) form the team offering the Age Well, Live Well, Move Well and Thrive Program.

Personalised Possibilities

Heart in Hand Support Services is excited to have released our promotional video which can be found on [youtube](#) and our [website](#).

Featuring May (Director) and Jordan (Exercise Specialist) the video highlights supports offered - including our move into physical and cognitive training and programs and nutritional advice.

We are thankful to have worked with the fantastic Doug and crew from [Skybiz](#) on the production of this video.

Synergy Series Workshops

As part of our interaction with Vitality Village, we have been invited to attend a series of Synergy Workshops alongside other Service Providers within the hub. The purpose is to foster new connections and collaborate as a whole to conceptualise on how we as like-minded Providers can provide support/services to the community that reflect on what Vitality Village 'reason for being is' - using an Ikigai Model that reflects on mission, passion, profession and vocation. An interesting concept indeed.

Age Well, Live Well, Move Well and Thrive Programs

This program focuses on mobility, strength, neuro adaptability and general health and wellbeing of all individuals and will run from [Vitality Village](#) or from your own home.

Corporate wellness (yoga and breathwork, mindfulness) will also be offered.

Heart in Hand will be joining in the opening week festivities at Vitality Village and will present a snapshot of services offered on **Thursday 9th February at 9am**. Come and join us for some fun!

Vitality Village is at [5 Discovery Court Birtinya, 4575](#).

Get your Expo tickets now!

[Your Local Disability Expo March 2023](#).

Friday 24 March 2023 10 AM - 12 PM

Riverview Room, Waterfront Hotel Maroochydore
[2/46 David Low Way, Diddillibah QLD 4559](#)

See you there!