

**Learn more about diabetes and exercise
online**

FREE COURSE

CLICK HERE



Kia ora koutou

Hopefully you are all aware of the Challenge Diabetes - Move Happy campaign by now. The 45 minute online upskilling workshop is now available for anyone to do. CLICK ABOVE or <https://youtu.be/Vkq7qF36a48>

Whether you are an activity provider or an activity advocate the information is relevant to help you better understand diabetes and the role exercise can play.

We are relying on all our Network partners (that's you!) to promote this campaign through your socials and newsletters. Please follow us on Facebook and share posts when you can
<https://www.facebook.com/ActiveCanterburyNZ>

More information about the campaign can be found on the website
<https://www.activecanterbury.org.nz/>

The Walking Festival is now on - until April 19th



Two training opportunities in May

Held over two full days, the Counterpunch Parkinson's Coach Certification helps you build competence and develop the necessary skills needed to effectively run a Counterpunch Parkinson's class. We don't often get the chance to do this in Christchurch and it comes well recommended.

To learn more and to register

<http://www.counterpunchparkinsons.com/counterpunch-parkinson>

RGM Module 1 in May and Module 2 in August

RGM is an innovative, multi-sensory exercise method for the brain, in which rhythm, music, verbalisation and movement are used to stimulate both cognitive and motor skills. It is very modifiable and can be done seated or standing. Many retirement villages and other settings for older adults use the method and report increased engagement and memory improvement with their participants. Information on how to become a practitioner is on the RGM Aotearoa website <https://rgm-nz.auckland.ac.nz/>

Winter Hui 2026 - Friday 21st August. - 12-3pm

SAVE THE DATE

Venue and topics will be announced mid-July.

Welcome Karla to the Active Canterbury Network steering group

Kia ora koutou

My name is Karla Guerin, and I am delighted to introduce myself as the new Heart Health Promoter with the Heart Foundation, taking over from the lovely Jo Butler. I feel very privileged to be stepping into this role and to continue the important work of supporting heart health across our communities.

I bring a diverse range of experience grounded in education, community engagement, and programme leadership. Most recently, I spent nine years as the Programmes Manager for the Graeme Dingle Foundation, where I led a passionate team delivering life skills programmes to young people. This role deepened my commitment to empowering individuals and strengthening community wellbeing.

Alongside this, my husband and I have spent the past nine years running a local op shop and developing a wedding venue on our lifestyle block. Both ventures have been incredibly rewarding, allowing us to connect with people in meaningful ways and contribute to our community in practical and relational spaces.

Earlier in my career, I trained and worked for many years as a primary school teacher, including four formative years teaching in London and some fulfilling years at St Andrew's College as a teacher and then Chaplain. Education has always been at the heart of what I do, and I carry that passion for learning, connection, and growth into every role I undertake.

I'm looking forward to taking the time to meet and learn more about the important mahi that members of the Network do. I am particularly looking forward to building strong relationships, supporting initiatives that promote heart health, and contributing to the wellbeing of our communities in a way that is inclusive, empowering, and sustainable.



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40% discount on all courses for ACN members

All courses are discounted by 40% for ACN members. Simply use ACN40 in the discount box on the registration page.

Courses include Older Adults, Parkinson's, Stroke, Prostate Cancer, Joints & Bones, Obesity & Diabetes, Breast Cancer, Kidney Disease and Respiratory.

<https://exerciseasmedicinetraining.com>

2026 Steering Group

Lily Purdon: Strength & Balance Project Lead – Sport Canterbury
Jacqui Millar: Community Recreation Advisor – CCC
Karla Gunby: Active Communities Programme Manager – CCC
Lurita Kurene: Health Coach/Support Worker Lead – Te Tumu Waiora
Linda Miratana: Senior Group Fitness Coordinator – Selwyn DC
Adam Haywood: Programme Director – MOVE
Claire Dangerfield: ACN Web Coordinator – NPHS (Te Mana Ora)
Lesley Willoughby: ACN Coordination Support – NPHS (Te Mana Ora)
Chris John: Moana Pasifika Systems Innovator – Sport Canterbury
Kris Tynan: Programme Director – Exercise as Medicine
Wendy Scanlon: Puāwai-Kai Coordinator – Purapura Whetu
Tayla Smith: Health Promotion Advisor – NPHS (Te Mana Ora)
Chrissy Taylor-Claude: Parks Officer Community & Recreation – Waimakariri DC
Jenny Soal: Gym & Fitness Manager – Ashburton DC
Noraini Milne: Coordinator – Muslim Wellbeing Ōtautahi
Verity Tamepo: Kaiurungi/Active Communities Māori Lead Rec – CCC
Linda Glasgow: Events Coordinator – He Waka Tapu
Karla Guerin: Heart Health Promoter – Heart Foundation



Active Canterbury Network

You received this email because you have been involved with the network over the last few years either as a workshop attendee, activity provider or supporter in some way.

