



# SALFORD HEART CARE 2019 BRANCH DATES: HEALTHY HEART CLUBS

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BRANCH	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
<b>Eccles</b> Patricroft URC Community Hall, Shakespeare Crescent, Eccles M30 0PE <u>Tuesdays</u> 10 am - 12.00 noon	<b>1</b> <b>8</b> <b>15</b> <b>22</b> <b>29</b>	<b>5</b> <b>12</b> <b>19</b> <b>26</b>	<b>5-trip</b> <b>12</b> <b>19</b> <b>26</b>	<b>2-trip</b> <b>9</b> <b>16</b> <b>23</b> <b>30</b>	<b>7</b> <b>14</b> <b>21</b> <b>28</b> <b>CLOSED</b>	<b>4</b> <b>11</b> <b>18</b> <b>25</b>	<b>2</b> <b>9-trip</b> <b>16</b> <b>23</b> <b>30</b>	<b>6-trip</b> <b>13</b> <b>20</b> <b>27</b>	<b>3-trip</b> <b>10</b> <b>17</b> <b>24</b>	<b>1</b> <b>8</b> <b>15</b> <b>22</b> <b>29</b>	<b>5 AGM</b> <b>12</b> <b>19</b> <b>26</b>	<b>3</b> <b>10-trip</b> <b>17</b> <b>party</b> <b>24</b> <b>31</b>
<b>Irlam &amp; Cadishead</b> Irlam Steel Club, Liverpool Road, Irlam M44 6AJ Every <u>Wednesday &amp; Friday</u> 9.30 am - 12 noon	<b>2 4</b> <b>9 11</b> <b>16 18</b> <b>23 25</b> <b>30</b>	<b>1</b> <b>6 8</b> <del>13</del> <b>15</b> <b>20 22</b> <b>27</b>	<b>1</b> <b>6 8</b> <b>13 15</b> <b>20 22</b> <b>27 29</b>	<b>3 5</b> <b>10 12</b> <b>17 19</b> <b>good</b> <b>friday</b> <b>24 26</b>	<b>1 3</b> <b>8 10</b> <b>15 17</b> <b>22 24</b> <b>29 31</b>	<b>5 7</b> <b>12 14</b> <b>19 21</b> <b>26 28</b>	<b>3 5</b> <b>10 12</b> <b>17 19</b> <b>24 26</b> <b>31</b>	<b>2</b> <b>7 9</b> <b>14 16</b> <b>21 23</b> <b>28 30</b>	<b>4 6</b> <b>11 13</b> <b>18 20</b> <b>25 27</b>	<b>2 4</b> <b>9 11</b> <b>16 18</b> <b>23 25</b> <b>30</b>	<b>1</b> <b>6 8</b> <b>13 15</b> <b>20 22</b> <b>27 29</b>	<b>4 6</b> <b>11 13</b> <b>18 20</b> <b>party</b> <del>25</del> <b>27</b>
<b>Little Hulton</b> St Paul's Peel community Hall Manchester Rd Little Hulton M38 9EG <u>Fortnightly Wednesday</u> 10:30 am-12:30 pm	<b>2</b> <b>16</b> <b>30</b>	<b>13</b> <b>27</b>	<b>13</b> <b>27</b>	<b>10</b> <b>24</b>	<b>8</b> <b>22</b>	<b>5</b> <b>19</b>	<b>3</b> <b>17</b> <b>31</b>	<b>14</b> <b>28</b>	<b>11</b> <b>25</b>	<b>9</b> <b>23</b>	<b>6</b> <b>20</b>	<b>4</b> <b>18</b>
<b>Bereavement Support Group</b> Irlam Community Centre (Cadishead Band Room) Locklands Lane, Irlam M44 6RB <u>Fortnightly on Tuesdays</u> 10 am - 12.00 noon	<b>8</b> <b>22</b>	<b>5</b> <b>19</b>	<b>5</b> <b>19</b>	<b>2</b> <b>16</b> <b>30</b>	<b>14</b> <b>28</b>	<b>11</b> <b>25</b>	<b>9</b> <b>23</b>	<b>6</b> <b>20</b>	<b>3</b> <b>17</b>	<b>1</b> <b>15</b> <b>29</b>	<b>12</b> <b>26</b>	<b>10</b> <b>24</b>