



SALFORD HEART CARE 2023 BRANCH DATES: HEALTHY HEART CLUBS

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BRANCH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC																								
Eccles Winton Social Club, Brookside/Grange Road, Winton M30 8JW <u>Tuesdays 10am- 12pm</u>	3 10 17 24 *31*	7 14 21 28	7-trip 14 21 28	4 11 18 25	2 9 16 23 30	6 13-trip 20 27	4 11-trip 18 25	1 8 15-trip 22 29	5-trip 12 19 26-trip	3 10 17-trip 24 31	7 AGM 14 21 28	5-trip 12 19 26																								
Irlam & Cadishead Irlam Steel Club, Liverpool Road, Irlam M44 6AJ <u>Wednesdays & Fridays</u> 10am- 12pm	4 11 18 *25*	6 13 20 *27*	1 8 15 22	3 10 17 24	1 8 15 22 29	3 10 17 24 31	5 12 19 26	7 14 21 28	2 9 16 23 30	5 12 19 26	7 14 21 28	2 9 16 23 30	5 12 19 26	7 14 21 28	2 9 16 23 30	4 11 18 25	6 13 20 27	1 8 15 22 29	4 11 18 25	6 13 20 27	1 8 15 22 29	3 10 17 24	6 13 20 27	1 8 15 22 29	3 10 17 24	6 13 20 27	1 8 15 22 29	3 10 17 24	6 13 20 27	1 8 15 22 29	3 10 17 24	6 13 20 27	1 8 15 22 29	3 10 17 24	6 13 20 27	1 8 15 22 29
Little Hulton St Paul's Peel community Hall Manchester Rd Little Hulton M38 9EG <u>Fortnightly</u> Wed 10am-12pm	4 *18*	1 15	1 15 29	12 26	10 24	7 21	5 19	2 16 30	13 27	11 25	8 22	6																								
Bereavement Group Cadishead Band Rooms Locklands Lane, Irlam M44 6RB <u>Fortnightly on Tuesdays</u> 10am- 12pm	10 *24*	7 21	7 21	4 18	2 16 30	13 27	11 25	8 22	5 19	3 17	14 28	12 26																								
Irlam o'th Heights St. Luke's Community Hall, Swinton Park Rd M6 7WR <u>Mondays 1.30-2.30pm</u>	2 9 *16* 23 30	6 13 20 27	6 13 20 27	3 10 17 24	4 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25																								

* =free session

4= closed due to trip or bank holiday