



OUR HEALTHY HEART CLUBS April - June 2018

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Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays* 10 am - 12 noon

- Tue 10th & 24th April, 8th & 22nd May - Weigh Ahead Course (week 3-6)
- Tue 22nd May - Fire Safety Awareness Talk
- *Tuesday 15th May - closed for trip day
- *Tuesday 29th May - Hall closed for dance week
- *Tuesday 12th June - closed for trip day

Charge: £2 entrance, non-members £2.50 (includes raffle). 50p for refreshments
Activities: Tai Chi, dancing, crafts, reiki (£2 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & regular social trips

Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am Charge: £2.00 (members) £2.50 (non-members)

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall Manchester Road Little Hulton M38 9EG

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 11th & 25th April
- Wednesday 9th & 23rd May
- Wednesday 6th June
- Wednesday 20th June - Fire Safety Awareness Talk



Charge: £2 includes refreshments & raffle (£2.50 non-members) *Activities: Dancing, Reiki (£2 charge), Tai Chi, relaxation, blood pressure checks, crafts, regular social trips,*
NEW! Weight management support with Little Hulton's Health Improvement Team

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminders: **Wednesdays & Fridays 9:30 am - 12 noon**

- Friday 20th April - St. George's Fancy Dress Competition
- Friday 27th April - Fire Safety Awareness Talk
- Friday 18th May & 8th June - Laughter Workshop
- **Closed: Wednesday 4th April (holiday) & Wed 25th April (trip)**

Charge: £1 entrance (£1.50 non-members), 50p for refreshments. *Activities: Dancing, chair exercise, Tai Chi, reiki (£2 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips*