



# OUR HEALTHY HEART CLUBS March - May 2018

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## Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 13<sup>th</sup> March - Weigh Ahead Sessions commence fortnightly @ 10am
- Tuesday 20<sup>th</sup> March - Visit from the Ceremonial Mayor of Salford
- Tuesday 27<sup>th</sup> March - St. Bernard's Financial Support Presentation
- Tuesday 15<sup>th</sup> May - closed for trip day
- Tuesday 29<sup>th</sup> May - Hall closed for dance week

*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 14<sup>th</sup> & 28<sup>th</sup> March
- Wednesday 11<sup>th</sup> & 25<sup>th</sup> April
- Wednesday 9<sup>th</sup> & 23<sup>rd</sup> May



*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 2<sup>nd</sup> March - Laughter workshop
- Friday 16<sup>th</sup> March St. Patrick's day Fancy Dress
- Friday 23<sup>rd</sup> March - Easter Competition
- Closed: Friday 30<sup>th</sup> March (Good Friday - Bank Holiday)
- Closed: Wednesday 4<sup>th</sup> April (holiday) & Wed 25<sup>th</sup> 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*