



OUR HEALTHY HEART CLUBS May - July 2018

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Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays* 10 am - 12 noon

- Tue 8th & 22nd May, 5th & 19th June - Weigh Ahead Support Sessions
- Tue 22nd May - Fire Safety Awareness Talk
- *Tuesday 15th May, 12th June & 24th July - closed for trip days
- *Tuesday 29th 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 9th & 23rd May
- Wednesday 6th June
- Wednesday 20th June - Fire Safety Awareness Talk
- Wednesday 4th & 18th July



Charge: £2 includes refreshments & raffle (£2.50 non-members) Activities: Dancing, Reiki (£2 charge), Tai Chi, relaxation, blood pressure checks, crafts & social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

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

- Friday 18th May & Friday 8th June - Laughter Workshops
- Friday 15th June - Psychic Afternoon (12-3pm) - ticket only event £5
- Closed: Wednesday 30th May (holiday)

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