



OUR HEALTHY HEART CLUBS June - August 2018

0161 707 7402 admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays* 10 am - 12 noon

→ Tue 5th June - Weigh Ahead Sessions

→ *Tuesday 12th June, 10th July & 21st August - closed for trip days

Charge: £2 entrance, non-members £2.50 (includes raffle). 50p for refreshments

Activities: Tai Chi, dancing, 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 6th June

→ Wednesday 20th June - Fire Safety Talk

→ Wednesday 4th & 18th July

→ Wednesday 1st & 15th August

→ *Wednesday 29th August - closed for hall maintenance

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

We're delighted to receive a grant of £750 for Little Hulton from "The Big Local" (Summer Grant Round)

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

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

→ Friday 8th June - Laughter Workshop

→ Friday 15th June - Psychic Afternoon (12-3pm) - ticket only event £5

→ *Wednesday 29th August - closed for holidays

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



IMPORTANT NOTICE: Tech & Tea Drop In - CANCELLED

The monthly drop-in at Irlam Steel Club has been cancelled with immediate effect. Apologies for any inconvenience caused. For more information contact Matt Bell at Inspiring Communities Together: 0161 743 3625