



WHERE WE MEET July - September 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

→ Tuesday 3rd July - debt & welfare advice

→ Tuesday 4th September - Ceremonial Mayor visit

→ *Tuesday 10th July, 21st August & 18th September - closed for day trips

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 4th & 18th July

→ Wednesday 1st & 15th August

→ *Wednesday 29th August - closed for hall maintenance

→ Wednesday 12th & 26th September

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

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminders:

Wednesdays & Fridays 9:30 am - 12 noon

→ Friday 20th July, 10th & 31st August - Laughter Workshop

→ *Friday 6th July - closed (funeral) *Wed 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



NEW: Bereavement Support Group (Irlam)

Irlam Community Centre, Locklands Lane Irlam M44 6RB

Fortnightly on Tuesdays 10 am - 12 noon

Tuesday 3rd, 17th & 31st July, 14th & 28th August, 11th & 25th September

