



# OUR HEALTHY HEART CLUBS June - August 2017

0161 707 7402 [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)

## Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 6<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> June
- Tuesday 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> July
- Tuesday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 29<sup>th</sup> August
- Tuesday 20<sup>th</sup> June - Social Habits Research - Feedback session
- **Closed: Tuesday 13<sup>th</sup> June, 25<sup>th</sup> July, 22<sup>nd</sup> August - trip days**



*Charge: £1.50 entrance (includes raffle) 50p for refreshments Activities: Tai Chi, dancing, crafts, reiki (£1 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 (13<sup>th</sup> June, 5<sup>th</sup> & 12<sup>th</sup> September)

*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 7<sup>th</sup> & 21<sup>st</sup> June
- Wednesday 5<sup>th</sup> & 19<sup>th</sup> July
- Wednesday 2<sup>nd</sup> & 16<sup>th</sup> August

*Pat Massey (Irlam) won our May crossword competition!*

- **Closed: Wednesday 30<sup>th</sup> August (hall maintenance)**

*Charge: £2 includes refreshments & raffle Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips*

## Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminder:

Wednesdays & Fridays 9:30 am - 12 noon

- Friday 9<sup>th</sup> June - Wear **RED** Day
- Friday 23<sup>rd</sup> June - Social Habits Research - Feedback session
- **Closed: Wednesday 30<sup>th</sup> August (holiday)**

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