



OUR HEALTHY HEART CLUBS August - October 2017

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Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 1st, 8th, 15th & 29th August
- Tuesday 5th, 12th & 26th September
- Tuesday 3rd, 10th, 17th, 24th & 21st October
- **Closed: Tuesday 22nd August, 19th September - 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 (except 5th & 12th 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 2nd, 16th August & 30th August
- Wednesday 13th & 27th September
- Wednesday 11th & 25th October

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**

- Wednesday 25th August, 1st & 29th Sept, 27th October - Relaxation
- **Closed: Wednesday 30th August & Wednesday 25th October (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