



OUR HEALTHY HEART CLUBS Dec '17 - February '18

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Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 5th December - tai chi & relaxation
- Tuesday 12th December - closed for Christmas Trip
- Tuesday 19th December - closed for Christmas Party (De La Salle Club)
- Reopen Tuesday 2nd January 2018 (with dancing & relaxation)
- Tuesday 20th February - closed for Trip

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

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 December - Christmas Party - tickets only
- Wednesday 20th December - closed for Christmas break
- Reopen Wednesday 3rd January 2018
- Wednesday 17th & 31st January, 14th & 28th February



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

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

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

- Friday 15th December - Relaxation
- Friday 22nd December - Christmas Party - tickets only 10am-3pm
- Wednesday 27th & Friday 29th December - closed for Christmas
- Reopen Wednesday 3rd January 2018

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*

Notice: Waste & Claremont Healthy Heart Club
(De La Salle Sports & Social Club)

Waste Healthy Heart Club will be closed until further notice due to the instructor, Maureen, under-going a hip operation.