



OUR HEALTHY HEART CLUBS October-December 2017

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Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 3rd, 10th, 17th, 24th & 31st October
- Tuesday 7th, 14th, 21st & 28th November, Tuesday 5th December
- Tue 7th November - Salford Heart Care's AGM (no exercise/therapies)
- Tue 12th December - closed for trip day
- Tue 19th December - closed - Christmas Party @ De La Salle Social Club



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

- Closed: Tuesday 10th October (trip) & Tues 12th & 19th December (party)

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 11th & 25th October
- Wednesday 8th & 22nd November
- Wednesday 6th December - Christmas Party
- Wednesday 20th December - closed for Christmas break

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 6th & 27th Oct, 24th November, 15th December - Relaxation
- Friday 20th October - Fuel Poverty & Energy Switching Support
- Closed: Wed 25th October, Wed 27th Dec & Fri 29th Dec (holidays)
- Friday 22nd December - Christmas Party 9:30am - 3pm

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