



Health and Wellbeing Group

for adults over 60, delivered by Occupational Therapist,
Physiotherapists and Technical Instructor



RELAX



Join us for an opportunity to exercise together (all abilities welcome), relax socialize and discuss together how we can age well and reduce risk of cardiovascular disease. All sessions designed and delivered by health professionals in a relaxed and friendly environment.

Week 1 - | Exercise | Relaxation | Heart health & Benefits of exercise | Refreshments

Week 2 - Exercise | Relaxation | Falls awareness | Refreshments

Week 3 - Exercise | Relaxation | Mindfulness and relaxation | Refreshments

Week 4 - Exercise | Relaxation | Nutrition | Refreshments

Week 5 - Exercise | Relaxation | Common health conditions | Refreshments

Week 6 - Exercise | Relaxation | Sleep | Discussion, signposting and feedback | Refreshments

**Starts on the 25th June 2024, 1.30pm to 3pm
at Woolpit Village Hall**

CONTACT US TO BOOK YOUR PLACE

07565 280209 daisy.spotwellbeing@gmail.com

Please email or leave a message and we will get back to you. Once your place is confirmed we will send you an info pack (we will also have spares on the day). We are a small team so please bear with us. We try to get back to everyone but if you do not hear back it may be that the course is full.

