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Free Health and Wellbeing Sessions

Over 50 and want to improve your health & wellbeing? Come along to our FREE six-week course which provides practical activities to promote healthier living. Sessions will look at both physical and mental health and will include topics around; sleep & relaxation, food and mood, meal planning and budgeting including cook and eat, low impact exercise sessions and mindfulness.

April 19th &
26th, May 3rd, 10th,
17th & 31st May
1:00pm - 3:00pm

Venue: Shiregreen Neighbourhood Centre,
Westnall Road, Sheffield, S5 0AA

To book your place call:
0800 032 3723