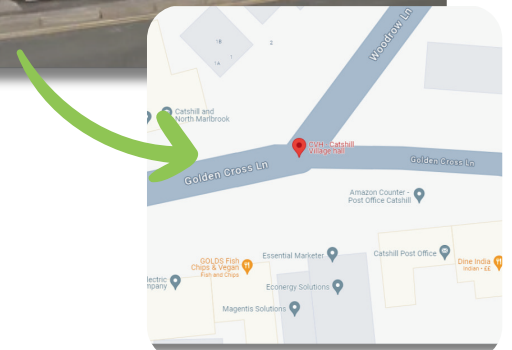


# Your happy, healthy life starts here

Thursdays

2pm to 4pm

Catshill Village Hall



Your new Healthy Worcestershire service will be delivered at **Catshill Village Hall**, Golden Cross Lane, Catshill, B61 0JZ on **Thursdays** and run **weekly**.

We cover a range of free activities and topics including:

- **Physical activity;** Improving strength, balance and coordination, Tai Chi, Yoga.
- **Healthy topic discussions;** Healthy eating, supporting your mental wellbeing, crime awareness, stop smoking support.
- **Socialising and games.**
- **And much more...**

Call or email for more information and to book, or turn up on the day.

01905 928185 / 0800 772 0307

[HealthyWorcestershire.org.uk](https://HealthyWorcestershire.org.uk)

[Healthy.Worcestershire@nhs.net](mailto:Healthy.Worcestershire@nhs.net)

# What happens when you come along for the first time?

## When you arrive

Introduction to the session and group, as well as some time to fill in the necessary forms to get you registered.

## 30-minutes of physical activity

Low to medium intensity exercise that helps to improve your mobility, strength and balance. Don't worry if you're new to exercise, anything can be adapted to suit your needs. Equally, if you want to work a bit harder you can do that too!

## 30-minute topic discussion

Time to have a group discussion about ways to improve your health and wellbeing. This will include advice and guidance on things like budget-friendly nutritious cooking, healthy habits, mental and emotional wellbeing. As well as information on how to keep yourself safe from things like doorstep crime. Each week there will be a different focus. You can help shape this by talking to the session leader.

## 30-minutes for socialising

This is time to have some fun with the group. There are activities on offer like bingo and arts and crafts or you can stay for a drink and a chat with others in the group.

**You're free to come along to any part of the session. Whether you want to get a bit of exercise, learn about how to be healthier and safer, or just get to know other people.**

We hope to see you there!

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