

# Willow Tree

## ...a Big Life centre

16 June 2010

### FIND OUT WHAT'S ON OFFER AT THE WILLOW TREE CENTRE

The Willow Tree Healthy Living Centre is showcasing all it has to offer in an Open Day at the end of the month.

On Wednesday 30 June from 2 to 6pm, the centre on Littleton Road, Lower Kersall, will be running a variety of activities that will give local people a flavour of the many groups, classes and services the centre provides.

Centres Development Worker Gaynor Hassall said: "We've got such a lot going on at the Willow Tree Centre that we wanted to share it with those local people who haven't been to visit us yet.

"The centre is open for anyone Monday to Friday and we always have a packed programme running. The emphasis is on happiness, health and wellbeing and helping local people to live life to full."

The Open Day will include children's activities, arts and crafts, sessions with the Energise with Music Group, games, laughter workshops, healthy food demonstrations and fruit smoothies, information from the centre's support groups, a clothes swap and acupuncture plus mini massage. For £2 people can have their bike serviced, and New Deal for Communities will also be providing information on climate change

Salford City Radio will be holding an outside broadcast from the Willow Tree Centre on the morning of the Open Day from 11am to 12pm, with further information on events and sessions on offer.

The Energise and Willow Tree Healthy Living Centre host a healthy living show on Salford City Radio, 94.4FM every Wednesday from 1 to 2pm.

The Willow Tree Centre is part of Big Life Centres, which is a registered charity (no.1062333) and a part of The Big Life group of social businesses and charities.

Find out more about the Willow Tree Centre by visiting [www.willowtreehlc.co.uk](http://www.willowtreehlc.co.uk)

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