

Monday

12.30-14.30 Be Creative You can paint, draw, sketch, write, craft cards and much more. No previous experience or ability required- you may even discover a hidden talent. Starts 7th January.

13.30-16.00 Counselling and Psychotherapy by appointment. Call 07904 092764 for details and to book. Costs start at £15.

Tuesday

12.00-14.00 Friendship Group for over 50s Would you like to be a part of the Friendship Group for over 50s? Meet new friends, activities, games, crafts, nostalgia sessions and much more. Drop in, no need to book. Starts 8th January.

13.00-16.00 Holistic Therapies Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. £12.50 per session. Call Ann 07814448055 to book. (Ladies only)

14.00-16.00 E-Therapy Access Self Help online CBT course to help combat anxiety & depression. Tel: 07946887160

My Life Goals

Do you want to make changes to your lifestyle but don't know where to start?
Would you like to:

• **Get more active** • **Lose weight** • **Eat well** • **Stop smoking?** Using our new mobile App, My Life Goals and 1-1 sessions we can help you on your way. Take ownership of your goals and get on track for a healthier, happier you. Call **0161 212 5700** for more information or to book an appointment.

Wednesday

08.00-17.00 Nudge Acupuncture - Acupuncture for a broad range of physical health issues and emotional wellbeing. Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

13.30-15.00 Well Baby Clinic No appointment necessary. Obtain your free healthy start vitamins.

Thursday

08.00-17.00 Nudge Acupuncture - Acupuncture for a broad range of physical health issues and emotional wellbeing. Costs start at £15. Call Lenka on 07546003121 for appointments and information.

10.00-12.00 Energise Ploggers (Plogging =Picking up litter and jogging) every Thursday 24th Jan-14th Feb. Give your runs a purpose, improve your health and your community too. Join the Energise Ploggers, help us clean up the area, connect with others and get fit! No experience necessary. Call 0161 212 5703 for details.

13.30-14.30 Connect Pilates @ Abbott Lodge. Every Thurs 24th Jan- 14th Feb. Flow through your week. Spend some time with others, reconnecting your mind and body for core strength and flexibility. Free. Call 0161 212 5703 to book.

13.00-14.00 Smoke Screen Are you a smoker? Are you unhappy with your smoking habits? Chat, guidance and support to help you give up smoking. Drop in no appointment necessary.

13.00-15.00 1st Thursday of the month- Fibromyalgia and Chronic Pain Support Group Don't suffer in silence. Share experiences, learn and support each other. Call 0161 212 5700 for more info. No session in Jan, next session 7th Feb.

13.00-15.00 Last Thursday of the month Cancer Support Group Our Cancer support group is open to individuals who are affected by any type of cancer. Speak to people going through similar situations to you. Get informed, gain strength and support to move forward together, rather than on your own. Drop in sessions. Call 0161 212 5700 for more info. 31st January.

Friday

09.00-10.00 Jingle all the Weigh With lots of food, parties and running around the festive season can be a difficult time to maintain a healthy weight. Our weekly weigh-in drop in sessions can help you keep on track and motivated to maintain a healthy weight and avoid excessive weight gain.

10.30-11.30 Learn Well Information Session Fri 11th Jan Are you ready to take the next step to improving your English and Maths? Would you like to improve your job applications and employment prospects? Do you want to be able to help your children with their homework? We're offering formal adult Maths and English qualifications through six to eight week courses. Find out more at the information session. Call 0161 212 5703 to book.

10.00-13.00 Holistic Therapies Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. £12.50 per session. Call Ann 07814448055 to book. (Ladies only)

08.00-17.00 Nudge Acupuncture - Acupuncture for a broad range of physical health issues and emotional wellbeing. Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

12.00-13.30 Talk the Walk - Weekly walking group for good mental health. As well as the many health benefits walking has for your physical health, a good walk can do wonders for your mental wellbeing. Connect with your local community, meet new people and explore local green spaces. **Starts 11th Jan**

13.00-15.00 Diabetes Support Group Are you living with Diabetes? Do you need support? Would you like to learn to live well? Share experiences, learn and support each other. Last Friday of the Month **25th January**

Other Services

Dr Jeet's Practice - General Practice for the local community. Mon-Fri 9am-6pm. For additional information call 0161 212 6540.

Rowland's Pharmacy - Mon-Fri 9am-6pm. Services include healthcare advice & prescription collection. Tel. 737 4035.

Beacon counselling Trust - Counselling service for problem gamblers and their families. Call 0151 321 1099 / 07506762949 for more information or email gamcare@beaconcounsellingtrust.co.uk

Choose to Change - Specialist weight management service that helps adults make lifestyle changes that will enable them to lose weight and improve their health. referral via GP, nurse or a dietician. The service is free to all adults over 18 years

But we're not just about health and wellbeing. We're about life.

Date created: August 2017

What's happening

ThisMonth

at the **Energise Centre**
Live life to the full

January 2019

3 Douglas Green, Salford, M6 6ES

Call: **0161 212 5700**

(between 9.30 and 15.30)

Web: www.energisecentre.co.uk

email: energise@thebiglifecompany.com



@energiseandwillowtree



@energisecentre