

Other Services

08.00-17.30 I.T Suite- Open Access to Computers - Our Training Suite is open daily* to the community for computer access and free Internet.
* Occasional closure for classes, call 0161 212 5700 to confirm times.

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



**3 Douglas Green, Salford,
M6 6ES**

Call: 0161 212 5700

Web:

www.energisecentre.co.uk

email:

energise@thebiglifecompany.com



@Energisecentre

What's happening

ThisMonth

Energise Centre
Live life to the full

January 2020

My Life Goals

Want a healthier lifestyle but don't know where to start?

- Get more active
- Lose weight
- Eat well
- Stop smoking

We can help you on your way.

Using our new mobile App, 'My Life Goals' and 1-1 sessions we can help you get started. Take control and get on track for a healthier, happier you.

Call 0161 212 5700 for more information or to book an appointment.

Monday

12.30-14.30 **Be Creative** Arts and crafts group. No previous experience required- you may even discover a hidden talent. Back 6th Jan. Drop-in.

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**. Meet new friends, activities, games, crafts, nostalgia sessions and much more. Booking essential. Call 0161 212 5700. Back 7th Jan.

10.30-17.00 **Holistic Therapies** Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. £15 per session. Call Ann 07814448055 or Julie on 07855357967 to book. (Ladies only)

Wednesday

08.00-17.00 **Nudge Acupuncture** Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

10.30-12.30 **Wellness Wednesday** Would you like to be more active in taking care of yourself and making choices towards a healthy and fulfilling life? This 4 week, fun practical programme explores ways to be the best version of you. 22nd Jan-12th Feb. Call 0161 212 5700 to book

13.30-15.00 **Well Baby Clinic** No appointment necessary. Obtain your free Healthy Start vitamins.

12-3pm (Drop in) **Broccoli Day 15th Jan** Celebrate Veggie January with Broccoli!! Come along to our information stand to pick up: Free broccoli (whilst stock lasts), Broccoli recipes, Health benefits of broccoli, Five a day tips & veg recipes.

Thursday

08.00-17.00 **Nudge Acupuncture** Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

13.00-15.00 **Salford City Football Club Health Walks** Short social walks around Kersal. Meet at Salford City F.C Moor Lane entrance. Every other week 9th & 23rd Jan

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. Drop in. No session in January.

13.00-15.00 Last Thursday of the month **Bosom Buddies - Breast Cancer Support Group**. Open to anyone recently diagnosed, those currently in treatment and breast cancer survivors. Just drop in. 30th January

Friday

09.00-10.00 **Run through Christmas** Weekly running group for everyone. Complete beginners welcome! Back 10th Jan.

10.00-11.00 **Jingle all the Weigh** Our weekly weigh in sessions can help you keep on track and motivated to maintain a healthy weight. Drop in. Back 10th Jan

10.00-15.30 **Holistic Therapies** Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. £15 per session. Call Ann 07814448055 or Julie on 07855357967 to book. (Ladies only).

10.30-12.30 **Spectrum Group** Parent to Parent ASD Support Group Providing a warm, welcoming & confidential place to talk about the unique experience of parenting your children. First Friday of the month. 10th January

12.00-13.30 **Talk the Walk** Weekly walking group for good mental health. A good walk can do wonders for your mental wellbeing. Connect with your local community, meet new people and explore local green spaces. Back 10th Jan

13.00-15.00 **Diabetes Support Group** Learn to live well with diabetes. Share experiences, advice and support. Last Friday of the Month 31st January