

Monday

08.00-17.30 Open Access to Computers Training suite open to the community for computer access & free internet.

10.00-12.00 Write on Do you enjoy or want to improve your writing? Come along to our creative writing sessions and develop your skills in a fun, supportive environment. **Group resumes 8th Jan.**

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. **Group resumes 8th Jan.**

08.00-10.00 & 13.00-17.30 Open Access to Computers Training suite open to the community for computer access.

08.00-17.00 Nudge Acupuncture - Acupuncture for a broad range of physical health issues and emotional wellbeing. Cost starts 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

Tuesday

08.00-13.00 Open Access to Computers Training suite open to the community for computer access & free internet.

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)

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. **Group resumes 9th Jan.**

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

08.00-17.30 Open Access to Computers Training suite open to the community for computer access & free internet.

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. **4th Jan**

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. Support with a free e-cig. Drop in no appointment necessary.

10.30-12.30 Get Motivated We all have things we would like to change or work on, but how we do get motivated, stay motivated and cope with whatever life throws at us to make sure we have the best chance to achieve our goals? This 4 week course explores just that. **Starts 25th Jan** booking essential call 0161 212 5700 to book

My Life Goals

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

Would you like to:

- **Increase your physical activity**
- **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.

Friday

08.00-17.30 Open Access to Computers Training suite open to the community for computer access & free internet.

10.00-12.00 The Biggest Loser- Join our community weight loss challenge. Are you serious about losing weight? We can help you shed the festive pounds. Join our 10 week challenge. Weekly incentives and the Biggest Loser wins a kitchen hamper! Contact Reception for details 0161 212 5700. [Starts 12th Jan](#)

10.00-12.00 Weigh Ahead Looking to get in shape? Come along to our free group to help you reach and maintain a healthy weight. Sessions include: Healthy eating, what is a portion size, importance of exercise, information on 5 a day + free recipes. [Starts 12th Jan](#)

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. Cost starts at £15. Call Penny on 07932 678 790 for appointments and information.

10.00-12.00 Time to Talk Tea Break We all need time to talk. Join us for our monthly tea break; offload, gain support and find out about local services that can help you. Drop in sessions. First Friday of the month [5th 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 [26th Jan](#)

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 old with a BMI over 35+. Call 01204570999 for further information.

Counselling and Psychotherapy by appointment Call 07904 092764 for details and to book. £16.60 per session.

What's happening

ThisMonth

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

January 2018

3 Douglas Green, Salford, M6 6ES

Call: **0161 212 5700**

Web: www.energisecentre.co.uk

email: energise@thebiglifecompany.com



@energiseandwillowtree



@energisecentre