

Health and Wellbeing Group

for adults over 60, delivered by Occupational Therapist,
Physiotherapists and Technical Instructor.



Join us for an opportunity to exercise together (all abilities welcome), relax, socialize and discuss together how we can age well. All sessions designed and delivered by health professionals in a relaxed and friendly environment.

Week 1 - | Exercise | Relaxation | Heart health & Benefits of exercise | Refreshments

Week 2 - Exercise | Relaxation | Falls awareness | Refreshments

Week 3 - Exercise | Relaxation | Mindfulness and relaxation | Refreshments

Week 4 - Exercise | Relaxation | Nutrition | Refreshments

Week 5 - Exercise | Relaxation | Common health conditions | Refreshments

Week 6 - Exercise | Relaxation | Cancer screening | Discussion, signposting and feedback | Refreshments [Extended session]

Starts on the 28th February 2023, 10:30am-12:00 at the Eye Community Centre

**CONTACT US FOR INFORMATION &
TO BOOK YOUR PLACE**

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spotwellbeing@gmail.com



**Suffolk and
North East Essex**
Integrated Care Board