



Healthy Living Project



STAY WELL STAY SAFE



IMPORTANT INFORMATION:

- ✓ Badminton and table tennis (11:30am - 12:30pm) and Arts and crafts (10.00am - 12.00 pm) this will begin on Monday 13th May at Heath Park Community Centre. The arts and crafts will be a place to also relax, have a cuppa and a friendly chat.
- ✓ We are arranging a visit for the participants to visit Kew Gardens on 23rd May. There are 9 spaces remaining so get in touch quickly 😊

UPCOMING ACTIVITIES

NEW AND EXCITING!

Gentle Yoga and Meditation class for wheelchair users and those with severe limited mobility. This class will take place Thursdays from 11:45am - 12:30pm at Heath Park Community Centre, Rusholme Avenue, Dagenham, Essex, RM10 7PR. Please email

molliestorey@independentlivingagency.org to book due to limited availability.

WORD SCRAMBLED OF THE MONTH

Please rearrange the sentence below to come up with a word that can be used at our new venue:

BIG GERMAN DONNER

Best word/sentence wins a price!

PARTICIPANT OF THE MONTH

AMEKIA OFOBI

Ameka has been with us on the project since 24th January 2024. Our first meeting with Ameka was in the company of his Mum Comfort. It was a lovely introduction and we established that the Project would get Ameka engaging with activities to improve his health and wellbeing. Over these months we have seen him grow in confidence and enjoying the activities he attends. He now has a very infectious smile and talks a little - although he is a good talker when in his Mother's company. He has made friends and his favorite game is connect four which he is very competitive in and his frustration of losing is just a smile and calmness, it is a pleasure to have him with us.



There are many benefits of yoga:

Yoga is a practice of the mind and body, increasing awareness and it cultivates health and happiness benefits through its direct influence on calming our nervous system and promotes feelings of wellbeing and self-actualization.

- ✓ Reduced muscle tension
- ✓ Increased strength and flexibility
- ✓ Slowed aging of the spine
- ✓ Improves balance
- ✓ Supports joint health
- ✓ Reduced aches and pains
- ✓ Better breathing
- ✓ Increased sense of calmness
- ✓ Increases self-confidence
- ✓ Boosts heart health
- ✓ More yoga health benefits
- ✓ Improved sleep quality
- ✓ Reduced cortisol levels
- ✓ Improved mental health
- ✓ Spiritual growth
- ✓ Increased general health and well-being
- ✓ Improved Circulation
- ✓ Reduced stress and anxiety

HEALTHY LIVING JOKES!

- ✓ Lettuce celebrate the goodness of healthy eating!
- ✓ Why did the tomato blush? Because it saw the salad dressing!
- ✓ Why did the lettuce go to the gym? Because it wanted to get shredded!

Please if you have any board games or card games that you would like to donate for the evening group, we would greatly appreciate it.

Thank you all for reading and supporting our Health Living Project. Stay tuned for next month's newsletter. We would appreciate any suggestions 😊