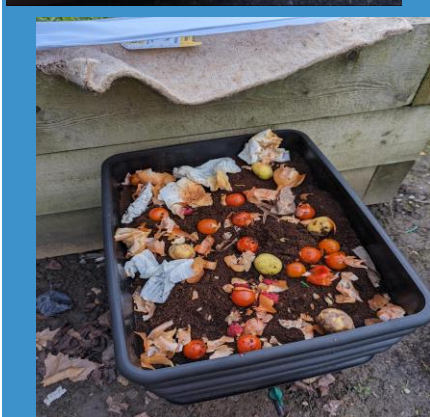




Healthy Living Project



STAY WELL STAY SAFE



TIPS FOR GETTING FIT:

- Talk to your doctor about how much and what kind of physical activity is right for you.
- Find opportunities to increase physical activity regularly in ways that meet your needs and abilities.
- Start slowly, based on your abilities and fitness level (e.g. be active for at least 10 minutes at a time, slowly increase activity over several weeks, if necessary).
- Avoid inactivity. Some activity is better than none!

UPCOMING ACTIVITIES

POPULAR ACTIVITIES

The Swimming group is on Thursdays 1.00pm - 2.00pm at Nuffield Romford swimming Centre.

The chair Yoga is on Thursdays 11.20am - 12.30pm at Heath Park Centre.

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

FUN FACTS FOR HEALTHY LIVING:

LAUGHTER IS GOOD FOR YOUR HEART.

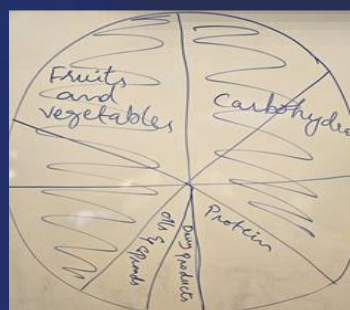
Did you know that laughter can actually benefit your heart health? When you laugh, your blood vessels dilate, increasing blood flow and improving cardiovascular function. Additionally, laughter triggers the release of endorphins, which are natural painkillers and mood boosters. So, don't be afraid to let out a good laugh! It's not only enjoyable but also beneficial for your heart.

VOLUNTEER OF THE MONTH!

VARSHA DEVI

Our Star Volunteer is Varsha Devi who has done some great work with our Cookery School and has recently put on an excellent Healthy Food Presentation at our Tuesday Evening Club. Great effort, thank you for everything Varsha!

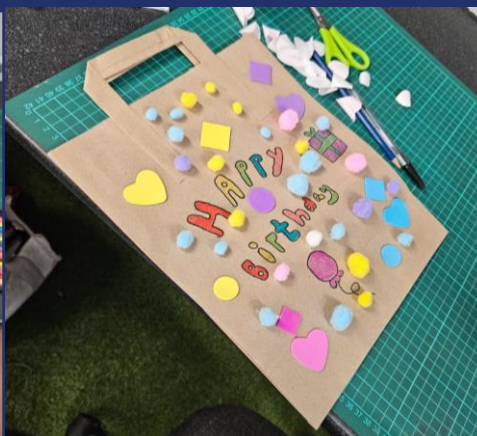
Also want to shout out to all of our volunteers, you do a great job and are an integral part of the team. Your efforts do not go unnoticed, thank you so much for everything you do!



ARTS AND CRAFTS!

Our arts and crafts group is on a Tuesday 10.00am - 12.00pm at Heath Park Centre. Our Participants have created keyrings, bows, bags and done beautiful paintings.

Please see below some of the work they have achieved 😊 If you or anyone are interested in joining, please contact Mollie@independentlivingagency.org.



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