

Healthy Body & Mind



**Starts Tuesday 11 May 2010, 1.00-3.00pm
At Junction, Paradise Place, Goole
Hull & East Yorkshire Mind in partnership
with The Health Trainers**

Free for 10 weeks, have fun and meet others whilst learning about healthy lifestyle choices

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|---------------------------------|--------------------|
| 1. Brain exercises | 2. Walk |
| 3. Healthy Eating | 4. Gentle exercise |
| 5. Brain exercises | 6. Tai Chi |
| 7. Walk | 8. Wii Sports |
| 9. Stress Management/relaxation | 10. Feedback |

For more information or to book a place, please contact: Rhonda Morris on 01405 837130 or The Health Trainers on 01405 837117.

With the support of



For better
mental health



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