

New for 2010

Healthy body & mind



Starts Tuesday 26 January 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 Gym/exercise | 2. Walk |
| 3. Tai Chi | 4. Healthy Eating |
| 5. Gentle exercise | 6. Relaxation |
| 7. Wii Fit | 8. Food & Mood |
| 9. Walk | 10. Feedback/review |

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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