

# **Beat The January Blues**

**Free** exercise trial sessions Wednesdays in January

A different one to try each week

**ALL SESSIONS SUITABLE FOR ALL ABILITIES.**

**Can sit or stand**

## **Wednesday 7<sup>th</sup> 11am**

**Balance Dance** is a community focused dance initiative that promotes creativity and well-being through dance, particularly for older adults and individuals with varying abilities

Feel free to stay for soup and a roll or a cup of tea afterwards

## **Wednesday 14<sup>th</sup> 1.30**

**Qi Gong Flow-** A version of Tai chai that you can sit and gently exercise.

Tea/ coffee and cake afterwards

## **Wednesday 21<sup>st</sup> 10.45**

Sophie Kennedy will run this session and describes it as-

**A friendly and inclusive class for anyone who wants to stretch, move and feel good.** There is no age limit to movement! This class is for you if you want to start the year off with some gentle movement and release any aches and pains. No exercise experience is necessary, and you can choose to do it from a chair or standing.

Do stop for refreshments afterwards

## **Wednesday 28<sup>th</sup> 1.30**

Vicky will be running a gentle version of Zumba

Tea/Coffee/cake will be available afterwards

All at Woodside Methodist church

Woodside Avenue South CV36BE

Email [nurse @covnunmethodist.org.uk](mailto:nurse@covnunmethodist.org.uk) Tel 07869715659 **booking preferred**