

Health Activities based at Feelgood Factory

Mon	Line Dancing 10.00 - 11.00	Positive Thoughts For information (Contact David) 291 8028	Positive Thoughts 60+ Monthly ⊘ (Contact Dawn) 291 8010	Tai Chi and Relaxation 3.00 - 4.00	Circuit Training Men only 6.45 - 7.45		
Tue	Yoga 10.00 - 11.00	Local Councillor Surgery Drop In 12.00 - 1.00	Singing for Pleasure 1.00 - 2.30	Stop Smoking Clinic starts 2.00pm prompt	Pop Shop Young Person's Drop In 3.00 - 5.00		
Wed	50+ Aerobics 9.30 - 10.15	50+ Aerobics 10.15 - 11.15	History Group ⊘ 1.30 - 3.30	Men's Cooking For Health 6 weeks Starting 13th January 1.00 - 3.00	Weigh to go Men only 6 weeks Starting 13th January 5.30 - 6.30	Low Level Exercise Men only Starting 24th February 5.45 - 6.45	Yoga 7.00 - 8.00
Thu	Walks Men Only Meet at Feelgood Factory Starting 21st Jan 10.00	Salsa Aerobics 12.15 - 1.15	Have Fun with Exercise Starting 21st January 11.00 - 12.00	GAS ⊘ Fortnightly 1.00 - 4.00			
Fri	Feelgood Friday ⊘ Starting 5th Feb (Contact David) 291 8028 1.00 - 4.00						

⊘ Restricted Membership

🚌 FreeTransport

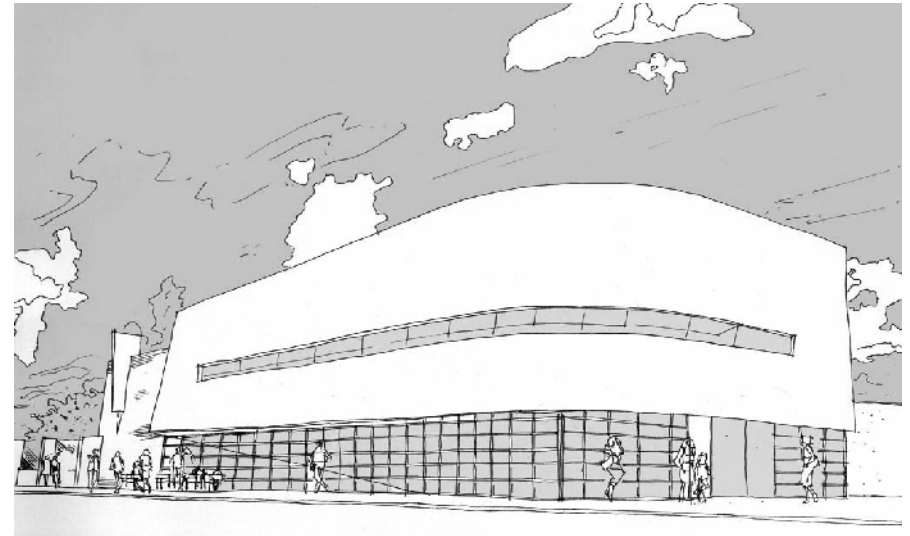


Feelgood Factory Health Activities based at Community Venues

M o n	Breastfeeding Support Waterloo Children's Centre Call (Carol Miles) 291 8024 10.00 - 11.30	Breastfeeding Support May Logan Call (Carol Miles) 291 8024 1.00 - 3.00	Breastfeeding Information Session 2nd Monday of each month at Netherton Children's Centre Drop-in 1.00 - 3.00
T u e	Allotment Dunningsbridge 10.00 - 2.00	Upstairs @ 83 Mental Health Drop In 83 Stanley Road 12.30 - 2.30	Breastfeeding Information Session Last Tuesday of every month at May Logan Drop-in 10.00 - 12.00
W e d	Chair Exercises May Logan Centre 🚶/🚲 1.30 - 3.30	Lunch Club St Oswalds (every fortnight) (Contact Pauline James) 924 6814	
T h u	Breastfeeding Drop in Hudson Children's Centre, Maghull 11.00 - 1.00		Breastfeeding Information Session 1st Thursday of every month At Hudson Children's Centre, Maghull Drop-in 12.00 - 1.00
F r i	Upstairs & 83 Mental Health Drop In 83 Stanley Road 12.30 - 2.30		



Feelgood Factory Timetable of Events January to March 2010



Telephone 291 8010 or 291 8011 for more information

**Or pop into the Feelgood Factory
Glovers Lane, Netherton
Merseyside, L30 5QW**