

## ESCAPE-Pain

A rehabilitation programme for people with chronic arthritic joint pain, integrating an exercise regimen with educational self-management and coping strategies. Each programme runs for six weeks and consists of twice-weekly classes. Starts 5th March 2018.

**Monday 1.00pm - 2.00pm**

Lark Lane Community Centre, Sefton Grove, L17 8XB

**Wednesday 1.00pm - 2.00pm**

Lark Lane Community Centre, Sefton Grove, L17 8XB






'I've discovered a strength I didn't know I had. Sue and her team are amazing - they know just when to push and when to give you a pat on the back!'

Shirl, Boot Camp

'As a carer, this group has given me the confidence to know that I am doing the right things. I have met so many wonderful people from this group and we socialise outside the class and enjoy going on the walks. I have seen such a reduction of falls as my wife has improved her co-ordination through balance training with the group.'

Richard, Mossley Hill Class

## EXERCISE GRADE KEY

-  1 Suitable for beginners, new and returning exercisers
-  2 Suitable for intermediate and more stable exercisers
-  3 Suitable for advanced exercisers

## Would you like to get Stronger, Fitter and Healthier, whilst having fun with people your own age?

Healthiness is a 'not-for-profit' health and fitness provider based in Liverpool which aims to improve quality of life for older and vulnerable adults. We provide exercise and health education that is fun and adapted to your health concerns.

Ask about our Passport to Health loyalty scheme for your chance to receive FREE classes and enter our monthly prize draw.

### For more information, please contact us:

-  (0151) 728 8874
-  [info@healthinessltd.co.uk](mailto:info@healthinessltd.co.uk)
-  [www.healthinessltd.co.uk](http://www.healthinessltd.co.uk)
-  @LivHealthiness
-  Healthiness Ltd



For more information on public transport options for getting to our classes, please contact:



[www.traveline.info](http://www.traveline.info)  
(0151) 236 7676



Providing everyone with the opportunity to be healthy!



## PROGRAMME AND TIMETABLE

2018 ISSUE 3





# Healthiness

## List of Classes

### FUN FITNESS FOR ALL


Fun circuits and strength training class, specially adapted for all fitness levels. Including time for tea and socialising!

**Monday 9.30am - 10.30am: £2**   
St Mary's Church Hall, 1 South Drive, L15 8JJ

**Tuesday 10.00am - 11.00am: £2**    
Sanctuary, Upper Parliament Street, L8 7QL  
N.B. please contact Sanctuary for attendance details



### WALK FOR HEALTH

Free outdoor walks around 45-60 minutes in length, ideal for everyone to improve their health and wellbeing. All walks are dementia friendly. 


**Monday (Calderstones Park) 10.30am - 11.30am: Free**  
Includes tea or coffee from the Reader Café after the walk  
Meeting point: Calderstones Road Entrance, L18 8HZ



**Tuesday (Sefton Park) 10.00am - 11.00am: Free**  
Meeting point: Lark Lane park entrance, L17 8XB

**Thursday (Sefton Park) 11.00am - 12.00pm: Free**  
Mossley Hill Hospital, Park Ave., L18 8BU


### HEALTHINESS SOCIAL

Fun Fitness Class, nutritional education workshops with plenty of social time, tea, table tennis and pool. 

**Monday 12.30pm - 2.30pm: £2.50-3.50**  
12.30pm - 1.00pm: Social Time  
1.00pm - 2.00pm: Fun Fitness Class;  
1.30pm - 2.30pm: Yoga;  
2.00pm - 2.30pm: Sports & Health Education  
Lark Lane Community Centre, Sefton Grove, L17 8XB



### CHAIR-BASED FITNESS

Fitness class with balance and strength training, adapted for adults with limited mobility and those at risk of falls. Class may be done seated or with the support of a chair. 

**Thursday 10.00am - 11.00am: £2**  
Alman Court, Bryanston Road, L17 7AL



**Thursday 11.30am - 12.30pm: £2**  
Lime Hub, Upper Baker Street, L6 1NB



**Friday 12.00pm - 1.00pm: £3**  
Cobden Place, Vale Road, L25 7UB



### 50+ LET'S GET HEALTHY HUBS


A variety of exercise sessions for over 50s with health education, time for tea and coffee and socialising.

**Wednesday 9.30am - 12.30pm: £2.50-3.50**    
9.30am & 11.30am: Boxercise & Circuits Classes  
10.30am: Health Education Session  
Lark Lane Community Centre, Sefton Grove, L17 8XB

**Friday 9.30am - 12.30pm: £2.50-3.50**    
9.30am: Dance & Tone Class  
10.30am: Pure Tone Class; 11.30am: Core & Stretch  
Lark Lane Community Centre, Sefton Grove, L17 8XB



### CYCLE FOR HEALTH

Social cycling group including refreshments. A great way to meet new people and improve your health. Bicycle hire available but places are limited - please contact us first to avoid disappointment. 

**Tuesday 1.00pm - 3.00pm: £1**  
Broadgreen Hospital, Thomas Drive, L14 3LB

**Wednesday 1.00pm - 3.00pm: £1**  
Mossley Hill Hospital, Park Avenue, L18 8BU



**Thursday 1.00pm - 3.00pm: £1**  
Croxtheth Hall & Country Park, L11 1EH




### HEALTHY BRAIN ACTIVE BODY

Postural stability exercise classes specially tailored for people living with dementia, their carers and those at risk of dementia in the future.



**Memory Fit: Monday 2.00pm - 3.30pm: £2.50**    
Lark Lane Community Centre, Sefton Grove, L17 8XB

**Better Balance: Wednesday 1.30pm - 3.30pm: £2**   
Mossley Hill Hospital, Park Avenue, L18 8BU



### BOCCIA

A fun adapted bowls game suitable for players with limited mobility and wheelchair users. 

**Wednesday 11.45am - 12.45pm: £3 (not school holidays)**  
Edge Hill Y. & C. Club, Durning Road, L7 5ND



### COUCH TO 5K

10 week running programmes designed for absolute beginners to get into running. Please register via EventBrite at: [tinyurl.com/healthinesscouch25k](http://tinyurl.com/healthinesscouch25k), our HulaHub page or by telephone.  



**2018 programme start dates:**  
21st March, 30th May, 8th August, 17th October.

**Wednesdays 5.30pm - 6.30pm: £10 for 10 weeks**  
Sefton Park (meeting outside Palm House), L17 1AP


### BOOT CAMP

No matter what your goal is, we can help you achieve it. Boot Camps without the 'boot'!



**Monday 6.30pm - 7.30pm (Indoor Boot Camp)**  
**Wednesday 6.30pm - 7.30pm (Beginners' Boot Camp)**

Memberships per session, week or month

Lark Lane Community Centre, L17 8XB (Mondays)   
Otterspool Promenade, L17 5AL (Wednesdays) 