

Do you want 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 that aims to improve quality of life for older and vulnerable adults in the community. We provide exercise and 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**

 **http://www.healthinessltd.co.uk**

 **Healthiness Ltd/Healthiness Boot Camps**

 **@LivHealthiness**

For further information on public transport options for getting to our dementia friendly classes, please contact:



0151 236 7676

Healthiness

The word 'Healthiness' is written in a green, cursive font. To the right of the word is a green silhouette of a person with arms raised in a 'V' shape, representing a healthy or active person.

Providing everyone with the opportunity to be healthy!



**Healthy Brain, Active Body Programme
2016 Issue 1**



Healthiness Ltd offers a range of group exercise and education classes specially tailored for people living with dementia, their carers and those who may be at risk of dementia in the future.

Our classes are a great way to begin your quest for improved fitness, co-ordination, stability and overall wellbeing, and are suited to meet your needs and those of your loved one.

All our classes are fun and enjoyable, run by fully qualified and professional instructors and all sessions are delivered in a safe, suitable and comfortable environment.

New classes and activities will be available soon so please contact us at info@healthinessltd.co.uk or 0151 728 8874 for more details.

Come along, join in the fun and enjoy a healthier lifestyle.




Postural Stability Classes

Dementia friendly exercise classes.

Memory Fit

Monday 2.00pm – 3.00pm **£2 per session**

Lark Lane Community Centre, L17 1AB

 60, 82, 103, X1  St Michaels (0.6 miles)

Better Balance – Chair Fitness

Wednesday 1.30pm – 3.30pm **Free class**

Mossley Hill Hospital, L18 8BU

 68, 173  Mossley Hill (0.5 miles)

Walks for Health

Our outdoor walks are ideal for everyone to improve their health and wellbeing. All our walks are free of charge, between 1 and 3 miles in length and dementia friendly.

Monday 10.30am – 11.30am **Calderstones Park**

Meeting point: public car park off Calderstones Road, L18 3HZ

 61, 75, 76, 86C  West Allerton (1.5 miles)

Tuesday 10.00am – 11.00am **Sefton Park**

Meeting point: Lark Lane gates of Sefton Park, L17 8XB

 60, 82, 103, X1  St Michaels (0.6 miles)

Thursday 11.00am – 12.00am **Sefton Park**

Meeting point: Mossley Hill Hospital, L18 8BU

 68, 173  Mossley Hill (0.5 miles)

