

Wellbeing Roadshow

The "Wellbeing Roadshow"

aims to enhance the physical, mental and emotional well-being of social housing residents.

This Project is about education, and will schedule regular events designed to help individuals of all ages and backgrounds to improve their diets and take part in regular exercise.

We aim to promote healthy eating and regular exercise through demonstration sessions, information leaflets and referrals to local facilities.

The project will provide a variety of activities including "pit stop" style health checks, complementary therapies, healthy eating sessions and training for residents and volunteers to become Community Nutrition Assistants.

The Wellbeing Roadshow covers the areas of Priory Court and the Warner Estates within the E17 and E10 postcodes. We will also be working in partnership with CBHA in order to cover the E4 postcode area and envisage organising a number of joint events between September 2008 and August 2011.

To participate in this project or for further information please contact Sussan Rassoulie on **020 7447 3067** or drop into the community centre.

Priory Court Community Centre
11 Priory Court
Walthamstow
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