



Sheffield
well-being
consortium



Sheffield



Courses and Activities at Healthy Cross Community Project
49 Southey Avenue, Longley, Sheffield, S5 7NN
Please call 0114 234 4445 or
email louise@healthycross.org.uk

 <p>Gym and Swim Every Friday At Concord Sports Centre 10.00am-12.00 noon £2.00 per session Places must be booked</p>	 <p>Basic Drug Awareness 10—12 noon Once a month Starting Jan 2010 Places must be booked</p>	 <p>Circuit Training Wednesday, 3rd Feb 2010 6.15—7.15 pm At St Thomas More Comm Centre £2.00 per session All abilities, age 16+ Just drop in no need to book</p>
 <p>Jive Dance for beginners Starts Monday, 1 February 8 weeks 1.30—2.30 pm At St Thomas Mores, across from Margetson Shops £2.00 per week, places must be booked</p>	 <p>World of Dance Part 2 6 week block of Salsa 6 week block of Bhangrercise 6 week block of Bollywood 6 week block of Jive Places can be booked at World of Dance part 1 or give us a call £12.00 per block</p>	 <p>Chaucer School Gym Monday 25th January 2010 6.00pm – 7.00 pm Fitness Suite £2.00 per session Places must be booked</p>
 <p>Healthy Cross Recovery Every Saturday 11.00-12.30 At Healthy Cross Self help group for people who want support to deal with any sort of addiction Just drop in, no need to book</p>	 <p>Arts at Wolfe Road, Foxhill Taster session Thursday 11th February 10 Artist teaching pottery and painting lead- ing on to weekly session Time to be confirmed Places must be booked</p>	 <p>Get a Float Swim and Sauna Thursday 25th February 10 10.00am-11.00am House of Elliot, Grenoside Women only, £5 for 6 weeks Places must be booked</p>
 <p>Walk This Way Every Wednesday 1.30pm-2.30pm Meet at Healthy Cross Excluding School Holidays</p>	 <p>Arts at the 4 Greens Centre Taster Session Thursday 28th January 2010 Artist teaching pottery and painting Leading on to weekly sessions 1—3 pm Places must be booked</p>	 <p>Strollers Every Tuesday Full Day Walk in the countryside 10.00am-4.00pm Call for details</p>