



SPOT Wellbeing
Creating Strong Happy Communities



East Suffolk
Community
Partnerships
Bringing ideas to life

Health and Wellbeing Group

for adults over 60, delivered by Occupational Therapist,
Physiotherapists and Technical Instructor



Join us for an opportunity to exercise together (all abilities welcome), relax, socialize and discuss together how we can age well. All sessions designed and delivered by health professionals in a relaxed and friendly environment.

Week 1 - | Exercise | Relaxation | Heart health & Benefits of exercise | Refreshments

Week 2 - Exercise | Relaxation | Falls awareness | Refreshments

Week 3 - Exercise | Relaxation | Mindfulness and relaxation | Refreshments

Week 4 - Exercise | Relaxation | Nutrition | Refreshments

Week 5 - Exercise | Relaxation | Common health conditions | Refreshments

Week 6 - Exercise | Relaxation | Sleep | Discussion, signposting and feedback | Refreshments

**Starts on 7th November, 1:30 - 3pm at
Castle Community Rooms, Framlingham**

**CONTACT US FOR INFORMATION &
TO BOOK YOUR PLACE**

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