



Hearts Delite



Do you want to improve your Heart Health?

If so, why not join our Hearts Delite Project

Come along to our launch event on 29th July, 11.30 - 14.00

@ The Independent Living Hub

This project is funded thanks to a Heart Research UK and Subway® Healthy Heart Grant. With this funding we have put together a full range of activities to enable you to improve your Heart Health.

We have many free sessions for you to take part in, including physical activity classes, such as Wiggle and Giggle and Laughter Yoga.

You may want to lose a little weight, get a little more active or simply just learn how to make healthy alternatives to your usual snacks, then try out the Healthy eating, cookery and lifestyle sessions.

Like to be outdoors? Why not join our new Grow Your Own Gardening sessions and get involved in planting and nurturing your own vegetables, learning about seasonal produce and how to use it.

Why not take up the chance to join a programme that will promote good health and heart health, in a safe, accessible and enjoyable environment.

Learn new tips and hints to help live a healthier lifestyle, learn at your own pace to achieve your own personal goals.

What's stopping you ...? Lets get started

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Grow Your Own Gardening

Using our raised beds and garden to grow your own produce from seed

Wednesday 7th Aug	13.30 - 15.00
Thursday 15th Aug	13.30 - 15.00
Friday 13th Sep	13.30 - 15.00
Monday 23rd Sep	13.30 - 15.00
Tuesday 1st Oct	13.30 - 15.00
Wednesday 23rd Oct	13.30 - 15.00
Friday 8th Nov	13.30 - 15.00
Thursday 21st Nov	13.30 - 15.00
Monday 2nd Dec	13.30 - 15.00

Laughter Yoga

Laughter exercises, to energise the mind, including a little meditation

Monday 12th Aug	13.00 - 15.00
Tuesday 10th Sept	13.00 - 15.00
Wednesday 16th Oct	13.00 - 15.00
Thursday 14th Nov	13.00 - 15.00
Friday 13th Dec	13.00 - 15.00

Healthy Lifestyle

Support group and forum to measure goals and discuss achievements

Tuesday 6th Aug	10.00 - 12.00
Wednesday 21st Aug	10.00 - 12.00
Thursday 5th Sep	10.00 - 12.00
Friday 20th Sep	10.00 - 12.00
Monday 30th Sep	10.00 - 12.00
Tuesday 15th Oct	10.00 - 12.00
Wednesday 30th Oct	10.00 - 12.00
Thursday 7th Nov	10.00 - 12.00
Friday 22nd Nov	10.00 - 12.00
Monday 9th Dec	10.00 - 12.00

Healthy Cookery = Healthy Eating

Planning and cooking healthy meals using our home grown produce

Friday 9th Aug	13.00 - 15.00
Tuesday 20th Aug	13.00 - 15.00
Monday 16th Sep	13.00 - 15.00
Wednesday 25th Sep	13.00 - 15.00
Thursday 10th Oct	13.00 - 15.00
Monday 28th Oct	13.00 - 15.00
Wednesday 13th Nov	13.00 - 15.00
Thursday 28th Nov	13.00 - 15.00
Tuesday 17th Dec	13.00 - 15.00

Sport 4 All

Accessible sports including bowls, archery and more

Wednesday 28th Aug	13.30 - 15.00
Wednesday 18th Sep	13.30 - 15.00
Friday 25th Oct	13.30 - 15.00
Monday 25th Nov	13.30 - 15.00

Wiggle & Giggle

Fully accessible low impact aerobics, including music and dance

Thursday 1st Aug	13.00 - 14.30
Friday 6th Sept	13.00 - 14.30
Monday 7th Oct	13.00 - 14.30
Tuesday 5th Nov	13.00 - 14.30
Wednesday 4th Dec	13.00 - 14.30

To book a place or for more information

Call: 01325 254840

or Email:

independentlivinghub@darlingtondisability.org