

MOVE MORE ACTIVITIES - JUNE



WORCESTERSHIRE BREAST UNIT HAVEN

Thurs 11th June
11AM-12PM
jacquie.clements@nhs.net



MOVE MORE: INTRODUCTION TO PILATES

2nd June to 30th June
Tues 4pm-4:50pm
Online Zoom Activity



WALKFIT 8 WEEK PROGRAMME

8th June May to 27th July
Self-directed with support
getactive@malvern hills.gov.uk



MOVE MORE: BOXERCISE TASTER SESSION

25th June
Thurs 4pm-4:45pm
Online Zoom Activity



COUCH TO 5K 12 WEEK PROGRAMME

8th June to 24th August
Self-directed with support
getactive@malvern hills.gov.uk



CANCER, PHYSICAL ACTIVITY AND FATIGUE

Friday 26th June
1PM-2PM
Online Zoom Event



#HOME: LIVING LUNG VIDEO



#HOME: SEATED EXERCISE VIDEO



#HOME: SEATED TAI CHI VIDEO



#HOME: JOINT EFFORT VIDEO



Book a Zoom activity at: <https://www.activehw.co.uk/activities>

#Home Videos at: <https://www.bromsgrove.gov.uk/things-to-do/keep-active-creative-at-home/health-related-activities.aspx>

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