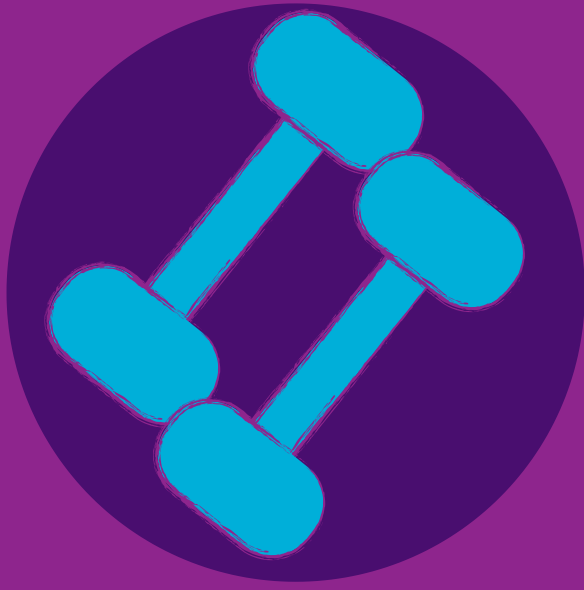


MOVE MORE ACTIVITIES - NOVEMBER



MOVE MORE: BE STRONG** RESISTANCE BASED TRAINING

Thursdays 11am
Online Zoom Activity
d.fox@worc.ac.uk



CHAIR-BASED EXERCISE ARTHRITIS ACTION

www.arthritisaction.org.uk/living-with-arthritis/resource-centre/exercises/



COUCH TO 5K NHS APP

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>



MOVE MORE: TAI CHI TASTER SESSION**

Weds 25th Nov 12pm-1pm
Online Zoom Activity
d.fox@worc.ac.uk



BEING ACTIVE WITH A LONG-TERM CONDITION

Thurs 19 Nov 4pm
Online Zoom Activity (or
submit questions via email)
d.fox@worc.ac.uk



MULTIPLE SCLEROSIS EXERCISE CLASS

Tues 11:30am
Online Activity
hayley.gwilliam 01527 881404



MOVE MORE: BE FIT CIRCUIT BASED TRAINING**

Tuesdays 4:30pm-5:20pm
Online Zoom Activity
d.fox@worc.ac.uk



STRONG AND STEADY SELF-REFERRAL

Various dates and locations
<https://www.activehw.co.uk/strong-and-steady>



MOVE MORE: INTRODUCTION TO PILATES**

Tuesdays 11-11:45am
Online Zoom Activity
d.fox@worc.ac.uk



For more information on these and other activities contact:

Di Fox, Move More Co-ordinator
d.fox@worc.ac.uk / 07826 534075

All activities are carried out in accordance with current Government and Public Health guidance.

**Free of charge