

# positive<sup>✓</sup> movement

It's Fun

improves mobility

enhances wellbeing

## NEW fun activity sessions for:

- ✓ older people
- ✓ anyone with mobility problems
- ✓ those at risk of falls
- ✓ people living with long-term health conditions
- ✓ carers



"This has made a massive difference to my life and health"  
Maggie, 81

"It's been a wonderful experience"  
Annie, 69

positive<sup>✓</sup>  
movement  
presented by the  
Letchworth Centre for  
Healthy Living



LOTTERY FUNDED

COMIC  
RELIEF

Supported by



# positive<sup>✓</sup> movement

Positive Movement is a new wellbeing programme for older people, anyone with mobility problems and carers. The friendly sessions combine gentle exercise and movement with time to socialise over tea. Both fun and hugely beneficial, this programme can really make a difference to your life!



"I now feel  
able to garden,  
move and  
stretch"  
Brian, 83

"I can see others  
and myself  
improving week  
on week"  
Bob, 68

"I really feel  
the benefit"  
Joyce, 70

For further information call the Positive Movement team

01462 678804

## Previous participants have found that:

- ✓ they feel more relaxed and less anxious
- ✓ they are able to stand, bend and walk more easily
- ✓ they have better balance and are less fearful of falling
- ✓ they are more confident
- ✓ they sleep better
- ✓ they are more energetic
- ✓ their aches, pains and other physical problems have been reduced
- ✓ they are better able to look after themselves at home
- ✓ they are able to get out and socialise more frequently than before
- ✓ they have had fun and made new friends

“Positive Movement gave me the confidence to move again without fearing pain - things like getting dressed etc. became possible once again without painful twinges and I now get out and socialise a lot more.”  
**Louise, 72**

“My fear of falling has lessened because I am more aware of how I stand, sit and lean. Absolutely fantastic, would thoroughly recommend it!”  
**Shirley, 76**

**01462 678804**

**Email: [positivemovement@letchworthcentre.org](mailto:positivemovement@letchworthcentre.org)**

In a town  
or village  
near YOU!

£3 per session

### **Potters Bar**

Tuesdays 10.30am – 12noon  
Clayton Centre  
32 Barnet Road EN6 2QU

### **Radlett**

Tuesdays 2.30pm – 4pm  
Radlett United Free Church  
Station Road WD7 8JX

### **Borehamwood**

Wednesdays 2.15pm – 3.45pm  
Maxwell Park Community Centre  
Maxwell Road WD6 1JJ



FOR FURTHER DETAILS OR TO BOOK A PLACE  
AT ANY OF THE ABOVE SESSIONS

Tel: **01462 678804**

email: [positivemovement@letchworthcentre.org](mailto:positivemovement@letchworthcentre.org)

*Positive Movement* ©2016 is a trading name belonging to the award-winning Letchworth Centre for Healthy Living, the longest established and largest complementary health centre in the region. We are grateful to Hertfordshire County Council, *Comic Relief*, Hertfordshire Community Foundation and *The Big Lottery* for their support with this initiative. Sessions are subject to availability and a minimum number of participants attending.

[www.letchworthcentre.org](http://www.letchworthcentre.org)

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