

January Newsletter 2012

Being
Here for
Local
Communities

Brunswick
Healthy Living Centre

98—100 Shrubland Street
Leamington Spa CV31 3BD
Telephone 01926 422123

Community

★ VOLUNTEER OPPORTUNITIES ★

- ✓ Gain experience
- ✓ Learn new skills
- ✓ Build confidence
- ✓ Enhance your CV
- ✓ Work in a friendly environment.



Get that feel good factor by working to help your local community. With such a wide variety of opportunities we have on offer, there could be something that is just right for you.

For more information please contact
01926 422123 or email
volunteering@brunswickhlc.org.uk

NEWS FLASH!

Trustees would like to announce that BHLC has been successful in the Warwick District Council Tender process.



The team has secured funding for local Brunswick services for three years.

Thank you to everybody for their support and in particular to all who completed our questionnaire in September. We are sure this made our case for funding much stronger.

Happy New Year!

All the team at Brunswick would like to wish you both a happy & prosperous new year in 2012.



Brunswick Gets Physical

Activity Hour

New Class



COMING
SOON

New Years Resolutions



2012 could be the year you begin learning basic computer skills & the internet.

Every Monday & Friday from 10am-12pm we host **FREE GO-ON** (UK Online) drop-in sessions with volunteers on hand to help you every step of the way.



2012 could be the year you aim to find new work or change career path.

Every Tuesday & Thursday from 10am-3pm our **FREE Brunswick Employment Club** service offers advice, computer facilities, various resources & one to one support.



2012 could be the year you eat healthier or target your ideal weight.

Every Monday from 11am-12pm our **FREE Weight Management** session can help steer you in the right direction within a supportive group atmosphere.



2012 could be the year you become more active.

Our Brunswick Gets Physical programme offers a range of **FREE & low cost** activities that suite all exercise levels. Please call **01926 422123** for more information.

Employment Club News

New for 2012 : Lillington Employment Club

Following the success of our Brunswick club we are about to launch a second club in Lillington Library.

Recruitment for an advisor will be taking place shortly. The new service is anticipated to start March 2012.

FREE Subscription



Our two page monthly newsletter is distributed to over 600 clients and organisations via email.

Why not subscribe today and keep up to date with what's happening at your healthy living centre?

To subscribe please email
marketing@brunswickhlc.org.uk

We are on the Web

WWW.BRUNSWICKHLC.ORG.UK



(@Brunswickhlc)



(Search Brunswick Healthy Living Centre)

See reverse
for
'What's on?'

Resuming Services in January

For more information on our activities please call
01926 422123.

Activity Start Dates

Alternatively contact us from our website, facebook or twitter

Dance Aerobics



A-I	M-Z
Ante Natal Pilates (Friday January 6th)	Movement to Music (Thursday January 5th)
Bums & Tums (Monday January 9th)	Pilates (Wednesday January 4th)
Craft Group (Tuesday January 3rd)	Post Natal Pilates (Friday January 6th)
Dance Aerobics (Thursday January 5th)	Tai Chi (Wednesday January 4th)
Employment Club (Tuesday January 3rd)	Trim Trail (Thursday January 5th)
Gentle Yoga (Wednesday January 4th)	Walk for Health (Thursday January 5th)
GO ON (UK Online) (Friday January 6th)	Weight Management (Monday January 9th)
IT Drop In (Friday January 6th)	Zumba Fitness (Monday January 9th)



What's On at the Healthy Living Centre

Monday			
Activity/Service	Time	Date	Cost
Bums and Tums (Gentle Exercise)	10am - 11am	Weekly	£3.00 per session
Meet your local councillors	10am - 11am	6/2/12	N/A
GO - ON (UK Online)	10am - 12pm	Weekly	FREE
Weight Management	11am - 12pm	Weekly	FREE
IT Drop-In	1pm - 3pm	Weekly	FREE
Zumba Fitness (call 07890671869 to book)	6.30pm - 7.30pm	Weekly	Contact Instructor for more information
Zumba Fitness (call 07890671869 to book)	7.35pm - 8.45pm	Weekly	Contact Instructor for more information
Tuesday			
Body Conditioning with Mandy *NEW*	10am - 11am	Weekly	£3.00 per session
Employment Club	10am - 3pm	Weekly	FREE
Craft Group	12.30pm-3.30pm	Weekly	FREE
Jaykays Dance	5pm - 9pm	Weekly	See Trainer
Wednesday			
Tai Chi	10.30am-11.30am	Weekly	£4.00 per session
Pilates	12.30pm - 1.30pm	Weekly	£2.50 per session
Walk for Health	2pm - 3pm	Weekly	FREE
Safer Neighbourhoods	2pm - 3pm	Weekly	N/A
Gentle Yoga	7pm - 8pm	Weekly	£5.00 per session
Bounce Back Breast Cancer Support	7pm - 9pm	February	N/A
Thursday			
Trim Trail	9.30am - 10.30am	Weekly	FREE
Coventry Law Centre	10am - 2pm	Weekly	FREE
Employment Club	10am - 3pm	Weekly	FREE
Dance Aerobics	10.45am - 11.45am	Weekly	£2.00 per session
Movement to Music	12pm - 1pm	Weekly	£2.50 per session
Walk for Health	1.45pm - 3pm+	Weekly	FREE
Meet your local councillors	6pm - 7pm	9/2/12	N/A
Friday			
GO ON (UK Online)	10am - 12pm	Weekly	N/A
Ante Natal Pilates	1pm - 2pm	Weekly	£2.50 per session
Post Natal Pilates	2pm - 3pm	Weekly	£2.50 per session
IT Drop-In	2pm - 4pm	Weekly	FREE
Saturday			
Jaykays Dance	9am - 1.30pm	Weekly	See Trainer
Monthly Walk for Health	9.45am - 12.30pm	4/2/12	FREE