

MOVE MORE ACTIVITIES - SEPTEMBER



WALKING FOOTBALL **OUTDOOR**

Various dates and locations
d.fox@worc.ac.uk



WALKING TENNIS **OUTDOOR**

Weds 2:30pm-4pm
Worcester Lawn Tennis Club
t.howard@worc.ac.uk



WALKING HOCKEY **OUTDOOR**

Various dates and locations
d.fox@worc.ac.uk



MOVE MORE: BOXERCISE TASTER SESSION

Thurs 17th Sept 4pm-4:45pm
Online Zoom Activity
d.fox@worc.ac.uk



WORCESTERSHIRE BREAST UNIT HAVEN

Thurs 24th Sept 11am-12pm
Online Zoom Activity
jacquie.clements@nhs.net



MOVE MORE: 1-2-1 TRAINING

Various dates and times
Online Zoom Activity
d.fox@worc.ac.uk



COUCH TO 5K OUTDOOR OR VIRTUAL

Various dates and locations
d.fox@worc.ac.uk



#HOME: SEATED EXERCISE VIDEO



#HOME: SEATED TAI CHI VIDEO



FIT FOR FREE BROMSGROVE PARKS

Tues: 10am-1pm Sanders Park
Weds: 10am-12pm Alvechurch Meadows
Thurs: 10am-12pm Clent Park
Hayley Gwilliam 01527 881404



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

For more information on any of these activities, or to see what else is available contact Di Fox, Move More Coordinator: d.fox@worc.ac.uk or 07826 534075