

Active Health

We aim to provide a variety of activities across Cheshire to help those who are 50+ improve their physical health and meet new people. There are also many more independent groups across Cheshire that we can sign post you to.

Health Walks and Strolls

As part of the programme we also offer a number of different walks across Cheshire, ranging from weekly strolls to more challenging walks.



For more information about any of
are activities please
contact:

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Active Health

Be healthier
Have fun
Meet new people



Location	Activity	Venue	Time	Price
Northwich	Body Moves	Castle Community Centre, Barbers Lane, Castle, Northwich	Friday 13:00 to 14:00	£5.00
Chester	Walking Football	Northgate Arena (Brio), Chester	Wednesday 12:00 to 13:00	£3.00
Chester	Gentle Exercise	St Marks Church, Saltney, Chester	Friday, 10:30 to 11.30	£3.00
Crewe	Seated Exercise	Haslington Methodist Church	Wednesday 10:30 till 11:30	£3.50
Ellesmere Port	Gentle Exercise	Ellesmere Port Hospital, Healthy Ageing Clinic	Wednesday 13:30 to 14:30	£2.00
Helsby	Gentle Exercise	Helsby Community Centre, Robin Hood lane,	Tuesday 10:30 to 11:30	£3.50
Neston	Keep Fit	Methodist Church Hall, Park Street, Neston	Wednesday 12:00 to 13:00	£4.00
Hartford	Golf	Hartford Golf Club and various other venues	Various	£17.50
Northwich	Walking Football	Cheshire FA Facility off Moss Lane, Winnington	Wednesday 11:00 to 12:00	£3.00
Sandbach	Cardiac Rehab	Ashfields Primary Care Centre, Middlewich Road, Sandbach	Monday 18:30 to 19:30	£4.00
Winsford	Cardiac Rehab	Winsford Lifestyle Centre (Brio), Winsford	Tuesday 16:00 to 17:00	£4.50
Winsford	Walking football	Winsford Lifestyle Centre (Brio), Winsford	Wednesday 17:00 to 18:00 Or Friday 16.00 to 17.00	£3.00
Chester	Falls Prevention	St Andrews Handbridge URC CH4 7JF	Monday 14:00 to 15:00	£4.00
Cheshire	Walks	Various Locations Across Cheshire (see Walks Leaflet)	Various	£0.00
Northwich	Mindfulness	Castle Community Centre, Barbers Lane, Castle, Northwich	Starting Jan 2018 Tuesday 10.00-12.00	£5.00