

Information

Exercise during 'recovery' can help build confidence, improve self awareness and boost energy levels and increase the

'feel good factor'



**Gentle exercise,
stretch yoga**

Why not join us at the workshops. Exercise is not only fun but it will give you a chance to meet other people.

Join us on our pilot scheme

Warm welcome guaranteed!

Looking forward to meeting new members.

For more information contact
Claire on:-

07772159934

E mail

skatersfitness@yahoo.co.uk

Visit the website:-

www.seedeatingdisorders.co.uk

Claire is a Fully Qualified
Advanced Fitness Instructor

Level 3

If you need more information
on Eating Disorders ring
Marg or Dennis on

01482 718130



Charity No 1108405

**SEED EATING DISORDERS
SUPPORT SERVICES**

c/o 207 Lambwath Road
Hull
HU8 0HS

Phone: 01482 718130
Fax 01482 718130
E mail:
info@seedeatingdisorders.co.uk

**SEED EATING DISORDERS
SUPPORT SERVICES**

Help Line 01482 718130

**Exercise & Well
Being
Workshops**



EXERCISE & WELL BEING WORKSHOPS

**Every 3rd Wednesday
in the month**

Fun

Dance



Stretch

Well Being

Feel Good

Social



Relaxed

Self Development

Confidence

No appointment necessary!
Come along to Centre 88, Saner Street,
Anlaby Road, Hull HU3 2TR every
3rd Wednesday in the month and enjoy
exercise to music, gentle stretch, relaxation
and much more.

Session starts at 6.30pm and finish at 8.30pm

We recommend you wear
loose comfortable
clothes and trainers.



Refreshments available
but you may wish to bring
a drink with you.

All sessions will conclude with warm down
and relaxation.

Response form

I would like to know more about the
Fitness & Well Being workshops.

Name.....

Telephone No:-

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Mobile:-

.....

E mail:-

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