



Living Well

Community Wellness & Empowerment Service

**Free support
available**



Health & Lifestyle Sessions

What You'll Do



**Mobility
sessions**



**Healthy
aging**



**Gentle
exercise**



**Support with
healthy habits**

Contact us to join

 www.tapestry-uk.org/livingwell

 livingwell@tapestry-uk.org

 01708 796600

 For Havering residents
aged 18-64 years old



**Scan to read more
about our services**



Health & Lifestyle Sessions



Gentle exercise and movement activities



Activities to help with movement, balance and flexibility



Support and advice for healthy ageing



Build strength and confidence at your own pace



Support to build healthy daily habits



Simple tips to help you stay active and well



Spend time with others in a relaxed group (if you want to)



Build confidence through activities you can take part in