

NEW YEAR, NEW START? At The Liverpool Carer's Centre

If you're thinking about what your New Year resolution should be there may be some ideas to get you started here.

ACTIVITY	TIME	START DATE	PRICE
Carers Wellness Zone	Monday to Friday 9:00am until 5:00pm	Ongoing	£2 for induction £1.50 per visit afterwards
Circuit-cise	Mondays 10:30am – 11:30am Wednesdays 1:30pm – 2:30pm	Ongoing	£1 per visit
Tai Chi	Tuesday 10:00am – 12:00pm	Ongoing	£1.50
Counselling	Tuesday and Wednesday 11:30am and 12:30pm	By appointment	Free
Healthy Lifestyles classes	Monday 1:30pm – 3:30pm	Monday 9 th January 2012. Book a place today	£1.50
Healthy Lifestyles 1 to 1	1 hour class	Phone today, to enquire about availability	£1.50
Meditation classes	3 rd Thursday of every month (6 classes)	19 th January 1:00pm until 3:00pm. Book a place today	£2
Relaxation Class	2 nd Thursday of every month	Thursday 12 th January 2012 12:30pm – 2:30pm	£2
Reiki	Last Thursday of every month. Call to book today!	Thursday 26 th January 2012, 12 appointments between 10.00am until 4:15pm.	£2
Indian Head Massage	1 st Friday of every month. (Call to book today)	Friday 6 th January 2012, appointments 12pm, 1pm and 2pm	£2
Low Impact Exercise	Every Friday 10:30am until 12:00pm	Friday 6 th January 2012. Phone to confirm your attendance	£1.50
1 st Step Local History classes	Tuesdays 1pm until 3pm, for 5 weeks	Tuesday 10 th January 2012. Phone to reserve a place (15 place limit)	£10.00 (Must be paid before the course starts)
1 st Step Yoga classes	5 week class for 2 hours. Date and Time: TBC	Phone to Register interest (12 place limit)	£10.00 (Must be paid before the course starts)

Call Stuart on 0151 705 2307 to register your interest today!

Class Descriptions:

Carers Wellness Zone – Here at the Carers Centre we have our very own gym, which is ideally designed for carers. The Equipment is Technogym Easyline, which has no weights. We also have a rowing machine, swiss ball etc.

So why not pop in and have a look around or even book an induction today, to get ready for the New Year Resolution early.

Circuit-cise – Using the equipment in the Carers Wellness Zone, this involves an upbeat and fun circuit 3 times. This class is a great way to start the New Year resolution for getting fitter.

Tai Chi – Can help increase flexibility, suppleness and exercise the muscles. This is done through smooth, gentle movements.

Healthy Lifestyles – Have you wondered about the food you're eating? What is good and bad? Do you wonder about the benefits of lifestyle changes? Then the Healthy Lifestyles classes are ideal for you. Using fun quizzes discussions and brainstorming you will find out about small changes that can make a big difference. ***(1 to 1 classes also available)***.

Meditation – Learn and practice the skills of meditation over 6 classes (once a month), with Paula Strong one of our Reiki Master. Meditation is a practice that brings about not only physical benefits, but psychological benefits also.

Relaxation classes – Learn and practice a variety of simple and easy to follow relaxation techniques that you can do anytime.

Reiki – Experience this very simple, non intrusive and extremely powerful process. Stress and tensions are released resulting in a deep sense of relaxation and wellbeing.

Indian Head Massage – Helps with relaxation and to release tension in your back, shoulders, neck and head.

Low Impact Exercise – Low impact exercise will be taking place in the Carers Centre. The classes are designed around simple bodyweight exercises and movements, with a few piece of equipment (Swiss ball, Resistance bands, Steps). Friendly competitions and laughter guaranteed, suitable for carers of all ages.

(Health Questionnaire needs to be completed)

1st Step Local History – Would you like to know more about the place where you have grown up, or perhaps moved to and called home? Well here is a great chance. In conjunction with Adult Learning Services (ALS) Liverpool, one of their tutors will be at the Carers Centre to talk about Liverpool History. The classes will be revealing, interesting and fun. Phone to provisionally book your place today. ***(Place confirmed on full payment of course fee £10)***

1st Step Yoga – Would you like to be more flexible, increase strength and improve muscle tone? In conjunction with the Adult Learning Service (ALS) Liverpool, we will be running a 5 week 1st step course of yoga. Phone to provisionally book your place today. ***(Place confirmed on full payment of course fee £10)***

Counselling - Weekly sessions (phone to book an appointment).