



EVERTON CARES

Starting Thursday 2 March

Thursdays 10am-12pm

The People's Place, 46a Spellow Lane, L4 4DF

Free to attend - Limited spaces available

This 12-week programme will give you access to educational workshops and physical activity sessions all tailored to your ability. These sessions are designed for people with long-term health conditions and/or long-covid.

Sessions include:

- **Nutrition**
- **Yoga & Exercise Sessions**
- **Financial Wellbeing**
- **Sleep**
- **Healthy Cooking Classes**
- **Understanding Mental Health**

The free-to-attend Everton Cares programme has been specifically developed to help you develop positive lifestyle habits, make improvements to your overall health and meet new people.

To register your interest, refer an individual contact or gain any further information contact **Amy Vicars**, EitC Health and Wellbeing Coordinator, via email at amy.vicars@evertonfc.com or call **07966197149**.