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Working in Partnership InvestSefton & Active Workforce

Improved Health and Wellbeing ➔ Increased Productivity

If you are a Sefton based business, you and your employees are eligible to access the FREE services listed below which are taking place between January – March 2024

Get up and go

As little as 10 mins of exercise per week has been proven to improve your mood

- 10 min Mover Session every Monday at 10:30am or Wednesday 2:45pm (online)
- 30 min Legs, Bums & Tums Class every Tuesday at 8:00am (online)

10 min Health Checks to measure your blood pressure, resting heart rate, height, weight, BMI & waist circumference because It can tell you whether you're at higher risk of getting certain health problems, such as: heart disease. diabetes. kidney disease.

30 Min Online Workshop's

Retaining new information and gaining new skills helps to keep the mind and body stimulated, contributing towards a healthy brain.

- Weight Loss Workshop Thursday 11th January @ 12:30pm
- Low Mood Workshop Tuesday 13th February @ 12:30pm
- Managing your Wellbeing Workshop Wednesday 20th March @ 12:30pm

Menopause Support

The one-hour Menopause Cafe is a simple concept that helps people to learn more about the menopause over a cup of tea. The Menopause Cafe is located in different venues around the Borough, upcoming venues include:

- Tuesday 16th January @ 12:30pm. Magdalen House (Bootle)
- Thursday 18th January @ 12:30pm & Tuesday 6th February @ 5:15pm. Sefton Adult Education Centre (Crosby)
- Thursday 8th February @ 12:30pm. Southport Town Hall

The one-hour Online Menopause Group provides topical information and offers the chance to talk and listen to others going through the same experiences, supporting you through your Menopause journey.

- Wednesday 24th January @ 12.30pm. The Effects of Glucose on Menopause.
- Tuesday 5th March @ 12:30pm. Sleep during the Menopause

Active Workforce is Sefton Council's Health & Wellbeing team. We're a small and friendly team who are passionate about helping people improve their overall health

To find out more call Amy or Ruth on 0151 934 2079 for a relaxed chat or email us on Active.Workforce@sefton.gov.uk



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