

SHAPE

Hi all,

Welcome to 2018 with lots of exciting times ahead for Shape and all the participants. First, to catch up on the "Wellbeing Event" held at Keith Winter House in December. It was a fun and informative morning. Shape supported the event with physical health checks and information on group activities. The highlight of the event has to be making a smoothie on a bike!! A number of people had a go, selecting juice and fruit and then peddling to make the smoothie maker work. Thanks to Michelle and all the staff at Keith Winter House for organising the event and helping to highlight the importance of a healthy lifestyle and wellbeing.

Early start for Redditch Shape group (5th January) so we could fit the 12 week programme in before Easter which falls in March this year. Welcome to the new participants and those returning from the group before Christmas. With the twelve week programme running we will be able to make full use of the facilities at Abbey Stadium. Groups have also restarted in Worcester (Thursday 11.30 – 1pm) and Malvern (1p – 2.30pm). Both groups have new participants joining them. Hope you enjoy the sessions and if you have any ideas that you would like to share about Shape and the groups just let the team know.

Over the next few weeks the Shape team will be appearing at a number of events around the County. February sees the team at Casa Mia, nr Kidderminster, for a Wellbeing morning. Also a student event held at Woodside. If you see us please come over and have a chat.

Teresa Anderson

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