

# Start Your Journey To **Better Health**

With Castle Point's 6 Week  
Wellbeing Program

Discover our **NEW 6 Week Wellbeing Program** for people living in Castle Point, looking to achieve a healthier and more connected lifestyle.



Improve  
Physical  
Mobility



Alleviate  
Social  
Isolation

Enhance  
Positive  
Mental Health



Become  
More Active  
and Happier



Build  
Meaningful  
Connections



Reminisce,  
Replay &  
Reconnect



[castlepointleisure.co.uk](https://castlepointleisure.co.uk)

  
castlepoint  
leisure

Sessions are **FREE** and will run at **Waterside Farm Leisure Centre in Canvey**, and **Runnymede Leisure Centre in Benfleet**, starting from Monday 17 February.

**Zero  
Commitment +  
NO MEMBERSHIP  
REQUIRED**

**Here are some of the sessions\* that are offered in the programme:**

### **Low Impact**

Senior participants or those with mobility issues.

Chair Yoga  
Walk & Dance Fit  
Sit & Move  
Sporting Memories  
Menopause Workout

### **All Welcome!**

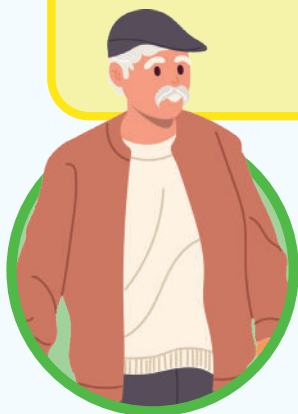
Suitable for all levels of fitness.

1-1 Introduction to Exercise  
Calm Flow  
Social Badminton  
Adult Water Confidence  
Adult Punchercise  
Strollercise

### **Junior Sessions**

For toddlers and children.

Story Time & Play with Magic Molly  
Little Sprogs  
Kids Punchercise



*\*Please note, these sessions may change depending on availability, and places will be booked on a first come, first served basis.*

There are no obligations to commit to regular participation, or to subscribe to a membership. It is simply a chance to explore, enjoy and improve your wellbeing!



Learn more about Castle Point's 6 Week Wellbeing Program, our monthly newsletter, community partners and other wellbeing initiatives by emailing us, or scanning this code.

**[wellbeing@castlepoint.gov.uk](mailto:wellbeing@castlepoint.gov.uk)**



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