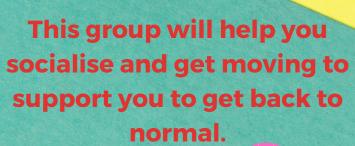
## FEEL GOOD.

Have you had Covid? Are you still feeling tired and less energetic?





Trouble sleeping and concentrating?





You could be suffering from long COVID and WE CAN HELP!



Eston Leisure Centre, Normanby Rd, TS6 9AE

## Date & Time: Wednesday AM

10:30 – 12:30

## Ses Ring or plac hea redca

## Come Join Us! Sessions are FREE

Ring or email us to book your place or ask any questions

healthimprovement@redcar-cleveland.gov.uk
07733313098





