

# FEEL GOOD.



Short of breath and struggling with daily tasks?

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



Trouble sleeping and concentrating?

This group will help you socialise and get moving to support you to get back to normal.



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



**Location:**  
Skelton Youth & Community Centre,  
Marske Lane, TS12 2HA

**Date & Time:**  
Thursday AM 10:30 - 12:30



**Come Join Us!**  
**Sessions are FREE**  
Ring or email us to book your place or ask any questions

healthimprovement@  
redcar-cleveland.gov.uk  
07966626022