

FEEL GOOD.



Short of breath and struggling with daily tasks?

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



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

Trouble sleeping and concentrating?



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



Location:
St William's Social Club
Ramsey Road,
Dormanstown, TS10 5LH

Date & Time:
Tuesday's AM 11:30 - 1:30



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

healthimprovement@
redcar-cleveland.gov.uk
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