

# LOCATIONS

Dear Colleagues

Are you one of those individuals who are always advising clients, friends and family to look after themselves, especially to be fit and healthy, then why not look at your own life style and have a go at one of our Health & Well-being courses that have been scheduled below.

These courses will be based on a first come first serve basis so if you are interested in any of the courses listed then you can purchase a place on the course by following the relevant Eventbrite link in the table below.

These 10 and 11 week courses are based on 10-12 delegates depending on room size participating at the cost of £25.00 per person, if less than 10 delegates book on these courses then the cost will be recalculated. Without subsidy the course would normally cost £40.00/£55.00 per person depending on how many delegates attend.

Please note that these courses must not be attended during your working hours unless you have arranged to take leave for this purpose.

In attending any of the courses listed below the Trust will expect some feedback. This will help us decide what Health & Well-being initiatives we can take forward for the future!

The Trust hopes that you will look forward to and benefit from these well-being courses!

**ROBIN PINTO CENTRE**  
**11 WEEK PILATES CLASSES**  
**THURSDAYS 15TH JUNE - 24TH AUGUST**  
Calnwood Road  
Luton LU4 0AW  
[LINK TO BOOK](#)

**EAST HAM CARE CENTRE**  
**10 WEEK PILATES CLASSES**  
**TUESDAYS 13TH JUNE - 15TH AUGUST**  
302 Shrewsbury Rd  
Forest Gate  
E7 8QP  
[LINK TO BOOK](#)

**TOWER HAMLETS CFMH**  
**10 WEEK PILATE CLASSES**  
**WEDNESDAYS 14TH JUNE - 16TH AUGUST**  
Mile End Hospital, Bancroft Road  
London E1 4DG  
[LINK TO BOOK](#)

**TRUST HQ**  
**THURSDAYS 29TH JUNE - 31**  
**AUGUST**  
**10 WEEK PILATE CLASSES**  
Robert Dolan House  
9 Alie Street  
London E1 8DE  
[LINK TO BOOK](#)

**NEWHAM CENTRE FOR MENTAL HEALTH**  
**10 WEEK PILATE CLASSES**  
Cherry Tree Way  
London E13 8SP  
[LINK TO BOOK](#)

