



Healthy Living Project



STAY WELL STAY SAFE



HEALTHILY LIVING JOKES

What's a fruit's favorite motivational quote?

SEEDS THE DAY

Why did the orange refuse to join the gym?

IT DIDN'T WANT TO PEEL THE BURN!

What did the yoga instructor say to the donuts?

"NAMASTE AWAY FROM ME!"

HOW HAS THE PROJECT HELPED YOU?

I believe the project has helped me gain confidence and make new friends.

I attend the evening group which has a healthy supper and once had a quiz on the amount of sugar that was in the snacks and drinks I had. Now every time I go to eat or have a drink, I always think before if it is healthy for my body.

I feel great!

BY JAMES BROWN - PARTICIPANT 😊

LIFE LESSON QUOTES TO KEEP YOU MOTIVATED:

"THE GARDEN SUGGESTS THERE MIGHT BE A PLACE WHERE WE CAN MEET NATURE HALFWAY."

"IN EVERY WALK OF NATURE, ONE RECEIVES FAR MORE THAN HE SEEKS."

PARTICIPANT OF THE MONTH!

Lisa Scammell

Lisa has consistently been a dependable participant and has recently gained significant confidence, taking the lead in our arts and crafts group by assisting fellow participants. She has also joined our swimming activities and has shown herself to be quite the mermaid—ha-ha!

We are incredibly proud of Lisa's progress within the program and have decided that she should take the next step by becoming a volunteer.

Thank you for all your hard work, Lisa! Your efforts don't go unnoticed.

GARDENING CLUB!

We have two Gardening clubs on Monday 1.00 PM - 2.00 PM at William Bellamy Community Hub and Tuesday from 10.00 AM - 12.00 PM at Health Park Community Centre. The participants have been building plant beds, painting tires for plant crafting and growing vegetables.

Please see below some of the work they have achieved 😊 If you or anyone are interested in joining, please get in touch with Mollie@independentlivingagency.org.



Gardening is cheaper than therapy and you get tomatoes!

Thank you all for reading and supporting our Health Living Project. Stay tuned for next month's newsletter. We would appreciate any suggestions 😊