

St Christopher's

More than just a hospice

Fit for Life and wellbeing



A nine week programme of support, exercise and activity aimed at looking after your mind, body and spirit

When life alters there can be a multitude of strains and stresses on individuals and families. It can be helpful to learn about the support on offer and the tools available to help you to cope more effectively with your current circumstances.

To book your place call us on **020 8768 4582**

Fit for Life and Wellbeing

At St Christopher's we appreciate that living with a chronic, long term or terminal illness can be difficult. Fit for Life & Wellbeing is a free interactive course for anyone living in St Christopher's catchment area who is suffering from a life limiting, long term, or chronic illness.

You do not have to be under our service already but will come under our service specifically for this input, for the duration of the course. It will take place every Wednesday 3-5pm at St Christopher's, 51-59 Lawrie Park Road, Sydenham SE26 6DZ.

Week 1	Introductions and goal setting: fatigue and exercise	Gym session
Week 2	Mood and coping	Gym session
Week 3	Eating well	Gym session
Week 4	Sleep and sleep technique	Qigong
Week 5	Managing change	Gym session
Week 6	Anxiety, stress and relaxation	Relaxation
Week 7	Activity only	Gym session
Week 8	Review goals: what next?	Qigong
Week 9	Activity only	Gym session

You are very welcome to relax in the Anniversary Centre after your session, where you can purchase refreshments or take part in a drop-in creative arts group.

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