

What we can offer

- ◆ Single gender specific classes of appropriate gender
- ◆ Making provision for allowing the choice of dress in which you feel most comfortable
- ◆ Planning programmes around your ability to take part.

What's already on offer

- ◆ Female Aerobics Session :-
Wednesdays 9:15 - 10:15 am
@ Greeson Hall
- ◆ Women only swimming:-
Mondays 7-8
@ Scunthorpe Leisure Centre
- ◆ Male only swimming
Tuesdays 2:30-3:30
@John Leggott College

All Activities are free of charge

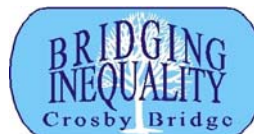
For more information about any aspect of the Seth Mannd Project, call in at the Pop-In Place, 195 Frodingham Road, or telephone (01724) 846611 and speak to Shah

Crosby Bridge Healthy Living Project

Pop-In Place
195 Frodingham Road
Scunthorpe

Phone: (01724) 846611
Fax: (01724) 846633

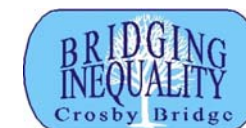
Supported by



Seth Mannd (Staying Healthy)



Crosby Bridge Healthy Living Project



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Helping people be the best they can be

Seth Mannd

A project aimed at encouraging Men and Women from the South East Asian and other Black and Minority ethnic communities to engage in activities, which include physical activities, stress relief and management.

In doing this improving their mental and physical health and creating a greater sense of well being.

Why should you take part in activities?

According to the report "Health Survey for England: The health of minority ethnic groups":

- ◆ Pakistanis and Bangladeshis of both sexes are more than 5 times as likely as the general population to have diabetes.
- ◆ Pakistani and Bangladeshi have rates of heart disease about 60-70% higher than men in the general population

The Benefits

- ◆ Lower blood pressure
- ◆ Half the risk of heart disease
- ◆ Lower blood cholesterol levels
 - ◆ Help to control weight
- ◆ Help to control or reduce the risk of diabetes
- ◆ Reduce the risk of some cancer
- ◆ Help in the treatment of some types of arthritis
- ◆ Improve levels of stress, anxiety and depression