

Services to make the most of your...

LEISURE TIME

Dementia Friendly Communities

Would you like to get involved with our campaign to become a dementia friendly district?

Find out if your town has a Dementia Friendly Action Group you can join or start your own by contacting hwb@stroud.gov.uk



Dementia Awareness Training

We will be running free, one hour dementia awareness training throughout 2018. We'll talk about myths and worries about dementia, where to go for advice and the small things we can do for family, colleagues and customers living with dementia.

To book a place contact
hwb@stroud.gov.uk
or call
01453 754177



thePulse

DURSLEY

Pool | Gym | Studio

- Over 90 classes a week, Swimming Pool and Gym
- Memberships are available to cover all our facilities and are available with or without a contract.
- All our classes are open to non-members too.

For full details please see our website: www.pulsedursley.co.uk or call us on 01453 546441



Bring this leaflet with you for a FREE fitness class.

Valid until 30th April 2018, only one free class per person



STROUD
DISTRICT
COUNCIL

Services to make the most of your...

LEISURE TIME

Your Local Healthy Lifestyles Scheme



Promoting the Health and Wellbeing of our Communities

Do you have a long term condition?
Are you recovering from injury?
Or is your balance not what is used to be?

If so then we offer health initiatives that would enable you to improve your health, wellbeing and mobility. These initiatives include:



- GP Exercise on Referral
- Cardiac Rehab Phase IV
- Respiratory Rehab
- Health Walks
- Inclusive Fitness
- Better Balance
- Move It or Lose It!

For further information on the above initiatives please contact the Sport & Health Development Team:

t: 01453 754508 w:www.stroud.gov.uk
e: hwb@stroud.gov.uk



8th & 9th September 2018 Active for Life Weekend

The weekend will provide residents with the opportunity to try new activities as a family, with friends or by yourself.

The activities will take place at Stratford Park Leisure Centre and The Pulse.

More details to follow...



Museum in the Park

This friendly Museum of local life is set in the beautiful grounds of Stratford Park, Stroud.

Discover the rich history of the Stroud District, its geology, people, industries and inventions. Over 4,000 objects are on display, from dinosaur bones to the world's first lawnmower!



Museum admission
FREE

(donations welcome)

There's also an Art Gallery and enchanting Walled Garden, along with a small foyer café and gift shop featuring the gorgeous work of talented local makers.

Look out for our fabulous family holiday activities and quiz trails too! The Museum is open January to November (closed Mondays).



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[museuminthepark](https://www.instagram.com/museuminthepark)

Telephone: 01453 763394

www.museuminthepark.org.uk