

## Exercise For Sleep Management

Regular exercise is great for the body and mind

By optimising your exercise routine, you can help yourself tackle those sleepless nights.

Why not come along and join our moderate exercise session and help bring some structure to your sleeping pattern

- **Every Sunday 11am-12pm**
- Bring a friend
- Bring a bottle of water
- Be sure to wear appropriate clothing and footwear

Brierly House Day-care centre  
Longshaw drive  
Little Hulton  
M28 6AR

To book your place, call the Health Improvement Team on 0800 952 1000 (option 2), or email: [health.improvement@salford.gov.uk](mailto:health.improvement@salford.gov.uk)