



Do you have after-effects of Covid, also known as Long Covid?
Such as breathlessness, tiredness, aching muscles or brain fog?

If so, you may be eligible for our new Long Covid: Recover Together physical activity sessions.

Long Covid: Recover Together Programme

Physical Activity Support for people in Calderdale with Long Covid

The programme consists of 8 weekly sessions at The Shay Stadium in Halifax.
Each session will focus on:

- gentle exercise
- an education/peer support element to discuss the condition
- ways to self-manage symptoms
- signposting to relevant services.

We will support you to exercise at your own pace and learn how to work with your body, so that by the end of the programme you have the skills, knowledge and confidence to continue exercising in whatever way you want!

The next course will start in February 2024 at 5-6:15pm.

To register your interest, or find out more, please contact
shanti.bradley@calderdale.gov.uk or call 07841 792177.