

Dear All,

Coronavirus Update for Enable Health and Wellbeing Participants – Guys Get Active

Our next course of Guys Get Active is scheduled to start w/c Monday 18th January.

However, from Monday 4th January we are not able to start any face-to-face football or exercise sessions. We hope to be able to restart these activities soon once it is safe to do so.

We are currently looking at different options for the delivery of this upcoming course and would encourage you to check back on our website regularly for more information.

Please ensure we have up to date contact details for you, including a mobile number and an email address (if possible). If you've completed a registration form with us recently, we will have your details. You can check the details we hold for you by contacting us on 0203 959 0033 or email activelifestyles@enablelc.org – when contacting us please state the name of the class/ programme you attend.

We would also encourage you to look at the recommended physical activity guidelines and where possible ensure you are keeping active during this time. There are several alternative resources for home-based activity including exercise videos that can be accessed through YouTube and another channels.

We will continue to update our website www.enablelc.org/healthandwellbeing and social media channels @enablehw (Twitter, Facebook, and Instagram).

If you would like to know further information about Coronavirus, please visit:
<https://www.gov.uk/coronavirus>