

# HEART of the TOWN

## What is Heart of the Town?

A 12-week programme with weekly classroom-based and practical exercise sessions providing a holistic approach to health and wellbeing.

Key topics covered will include:

Diet & Nutrition  
Diabetes  
Alcohol Use  
Mental Health  
Weight Management

## When and where?

Start date: Tuesday 13<sup>th</sup> January 2026

Every Tuesday thereafter for 12 weeks

6:00pm - 7:30pm

Accu Stadium Community Hub, HD1 6PG\*

\*Some sessions will take place at other other local venues

## Who?

Men aged 18+ who are looking to improve their physical health, including BMI, heart age and general wellbeing

## How to take part?

For further information contact [help@htafcfoundation.com](mailto:help@htafcfoundation.com)