

# CELEBRATE LUNAR NEW YEAR WITH HEALTH & WELLNESS!

## Stay Healthy & Thrive in the Year of the Snake

As we welcome the Lunar New Year, it's a great time to embrace new beginnings, good health, and positive habits. The Year of the Snake symbolizes wisdom, intuition, transformation, and perseverance—perfect inspiration for prioritizing your well-being!



## Mindfulness & Self-Care

The Lunar New Year is a time for renewal and transformation, much like the snake shedding its old skin for new growth. Try these wellness practices:

- **Practice Tai Chi or Qi Gong** – Great for balance, flexibility, and reducing stress.
- **Declutter Your Space** – A tidy home can improve mental clarity and reduce stress.
- **Embrace Change & Set Positive Intentions** – Small, achievable health goals can keep you motivated throughout the year.

## Stay Energized

Cold weather can make staying active harder, but here are some ideas:

- **Indoor Yoga or Stretching** – A great way to stay flexible and relieve tension.
- **Lunar New Year Walks** – Enjoy a stroll in nature or your local park to refresh your mind.
- **Dancing to Celebrate!** – Traditional dances or just moving to music can be a fun way to stay active.



## Healthy Festive Eating

Traditional Chinese New Year foods symbolize prosperity and health. Try these nutritious options:

- **Dumplings (Jiaozi)** – Representing wealth, these can be made with lean proteins and vegetables for a balanced meal.
- **Steamed Fish** – A symbol of abundance, fish is packed with omega-3s to support heart health.
- **Stir-Fried Greens** – Leafy greens like pak choi or kale promote digestion and provide essential vitamins.
- **Mandarins & Oranges** – These citrus fruits are rich in vitamin C, boosting your immune system during winter. Also in sharing good luck!



## More Resources

Looking for more ways to stay healthy and discover new recipes for the Lunar New Year? Check out these NHS resources:

- [Seasonal Fruit & Veg](#) – Find out what's in season.
- [Mental Well-being Support](#) – Mindfulness and mental health support.
- [Exercise for Health](#) – Simple ways to stay active.

### Contact Us



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# CALENDAR

## OF EVENTS - FEBRUARY EDITION

ASPIRE  
PRIMARY CARE NETWORK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 9:30AM-12PM: KNIT & CROCHET @BILBOROUGH LIBRARY  10:30AM: SHERWOOD PARK WALK @NG5 3FN	28 9:30-10:30AM: SEATED EXERCISE CLASS @THE VINE COMMUNITY CENTER  1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE	29 1PM-3PM: MEN'S GROUP @EVOLVE  10:30AM - 12PM: MEMORY CAFE @EVOLVE	30 10AM: WOVEN CAFE @ST MARGARET'S CHURCH  10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	31 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM  11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL	1 11AM: CHESS CLUB @HYSON GREEN LIBRARY  9AM: PARK RUN - WOLLATON HALL @NG8 2AE
2 10 - 11:3-AM: WELLBEING - YOGA @WOLLATON PARK IN FRONT OF HALL	3 10:30AM: SHERWOOD PARK WALK @NG5 3FN	4 10:15AM: PARK WALK @FOREST REC TRAM STOP  1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE	5 1PM-3PM: MEN'S GROUP @EVOLVE  10AM - 12PM: COMMUNITY CAFE @ST MARTHA'S CHURCH (NG8 6GR)	6 10AM: COMMUNITY CAFE @ST AIDAN'S  10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	7 10AM - 12PM: CRAFT & CHAT @BILBOROUGH LIBRARY  11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL	8 11AM: CHESS CLUB @HYSON GREEN LIBRARY  9AM: PARK RUN - WOLLATON HALL @NG8 2AE
9	10 9:30AM-12PM: KNIT & CROCHET @BILBOROUGH LIBRARY  10:30AM: SHERWOOD PARK WALK @NG5 3FN	11 11AM - 12PM: LADIES ONLY SWIM @THE LENTON CENTRE £6  1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE	12 10:30AM - 12PM: MEMORY CAFE @EVOLVE  2PM - 4:30PM: WORK CLUB @STRELLEY LIBRARY	13 4PM - 5:30PM: FOR THOSE EXPERIENCING HOMELESSNESS @NG7 4DL  10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	14 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM  11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL	15 11AM: CHESS CLUB @HYSON GREEN LIBRARY  9AM: PARK RUN - WOLLATON HALL @NG8 2AE
16 10 - 11AM: WELLBEING - YOGA @NEWSTEAD ABBEY NG15 8NA	17 10AM-12PM: KNIT & NATTER @BASFORD LIBRARY	18 10:15AM: PARK WALK @FOREST REC TRAM STOP  1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE	19 1PM-3PM: MEN'S GROUP @EVOLVE  10AM - 12PM: COMMUNITY CAFE @ST MARTHA'S CHURCH (NG8 6GR)	20 10AM: WOVEN CAFE @ST MARGARET'S CHURCH  10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	21 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM  10AM - 12PM: CRAFT & CHAT @BILBOROUGH LIBRARY	22 11AM: CHESS CLUB @HYSON GREEN LIBRARY  9AM: PARK RUN - WOLLATON HALL @NG8 2AE
23	24 10AM-12PM: MEMORY GROUP @NG7 5QE  10:30AM: SHERWOOD PARK WALK @NG5 3FN	25 11AM - 12PM: LADIES ONLY SWIM @THE LENTON CENTRE £6  1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE	26 1PM-3PM: MEN'S GROUP @EVOLVE  2PM - 4:30PM: WORK CLUB @STRELLEY LIBRARY	27 10AM: WOVEN CAFE @ST MARGARET'S CHURCH  10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	28 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM  11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL	1 11AM: CHESS CLUB @HYSON GREEN LIBRARY  9AM: PARK RUN - WOLLATON HALL @NG8 2AE

\*ACTIVITIES PUT ON BY SPLW'S / HWBC'S

\*ACTIVITIES PUT ON BY COMMUNITY



SELF REFER INTO OUR HEALTH & WELLBEING COACHING SERVICE:  
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