



Who We Are

ABL was founded in 2009 by people who believed they could and should change the world!

Across all of our teams we aim to combine our expertise and experiences of the social and economic problems that have held people back and find a way to support and empower people to live healthier, better lives whatever their background.

What We Do in Manchester

In Manchester our health improvement specialists work within communities, schools and businesses to deliver our health and well-being programmes.

Your nearest session is Tuesday night's 6:30-7:30pm Adults only

7:30-8:30pm family sessions at Manchester Communication Academy,

Silchester Drive

Harpurhey

Manchester

M40 8NT

Contact us today to discover how we could help you

Instagram: ABL_Manchester

Facebook: @ABLHealthManchester

Twitter: @ABLManchester

Website: <http://www.ablhealth.co.uk>

Part of the programme already? Let us know what you think.

If you're already part of programme let us know how it's going. If you have a spare couple of minutes, please have a quick run through our questionnaire. With YOUR input our service can only get better!

<https://www.surveymonkey.co.uk/r/AB...>