At Salusa we believe that everyone should have access to information and resources to find suitable exercise opportunities for their ability level. As a social enterprise, we exist to empower people to be in control and to make decision about their own physical and mental wellbeing.

We do this by bringing all of the relevant services and professionals together into one accessible online resource for individuals to search, compare and review. Our directory of classes, professionals and services all specifically work with different health conditions, disabilities or older adults in general. The resource is deliberately designed to be user friendly and as simple of possible for a user to find relevant, suitable activity within their local area.

We invite you to be part of this project and to list your own activity on the directory for free. This may include private 1:1 sessions, voluntary sector classes or anything provided through the public sector as well.

The website will be widely marketed through the NHS and patient societies so that the group of people you aim to work with will be able to easily find your service within their area. Salusa will also be a useful tool for organisations wishing to run an exercise class who again will also be able to see your profile, experience and get in contact.

You can add your profile for free directly to the website at [www.salusa.co.uk/add-a-service](http://www.salusa.co.uk/add-a-service) or please get in contact with Matt if you have any questions at matt@salusa.co.uk.