



A GREAT OPPORTUNITY TO IMPROVE YOUR HEALTH & FITNESS AND ALSO LOSE WEIGHT!

What's included...

- FREE 10 week programme
- Get fit, lose weight & improve your wellbeing
- Support from a health professional & personal trainer
- Activities include walking, cycling, yoga, gym & swimming
- Educational support with food, nutrition & food preparation
- Groups will be a maximum of 12 to ensure you get 1 to 1 support
- Tailored personal action plan to help you in your health goal
- Further incentives will be given to keep you motivated beyond 10 weeks

**JOIN US ON
A MONDAY
& THURSDAY**
at Clayton Green
Leisure Centre
from 9.30am
to 11am

For more information contact Gary at Chorley SSP:
01257 449278 or email: g.grimshawbrown@chorleyssp.co.uk
or book online: www.chorleyssp.co.uk/events

SUPPORTED BY
**Chorley
Council**

**Lancashire
County
Council**

