



## 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 FRIDAY**  
at Coppull St. John's  
Church Hall  
from 9.15am  
to 11am

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

**Chorley  
Council**

SUPPORTED BY

**Lancashire  
County  
Council**



T&Cs apply: you must have a child(ren) at Coppull Primary, Coppull Parish, St. Oswalds & Coppull St. Johns Primary Schools to qualify for this free programme. You must consent for data to be shared with funders and be willing to provide feedback.