



Let's get physical...

Active Neighbourhoods Health Course

Free 10 week course for all women  
Receive motivational tips on how to kickstart a healthier  
lifestyle and healthier you!

Every Thursday -from 12<sup>th</sup> Jan to  
Thursday 15<sup>th</sup> March 2012  
12.30-3.00pm at FWT

Sessions include -

- Free Assessment and Health checks!
- Warm up's and fun exercises (Yoga, Dance, Swimming)
- Quizzes / shopping tips / food labelling and budgeting
- Beating stress and improving well being
- Free healthy cooking sessions

Certificate of attendance upon completion and free snacks available!

Please call Manjet at FWT to book a place on 02476 637693



Free crèche places available for 1-5 year olds, please call us to  
book a place.

(Courses running throughout 2012, call us for further information)