



HEALTHY MAN



**JOIN US FOR 12 WEEKS OF ENGAGING ACTIVITIES AND WORKSHOPS
FOCUSED ON HEALTH AND WELLBEING IN A SUPPORTIVE ENVIRONMENT**

Whether you're looking to shed a few pounds, get back
into exercise, or just feel better day-to-day...

This programme is for **YOU!**



15 SEPTEMBER

7PM - 8.30PM

OLYMPIAD LEISURE CENTRE,
CHIPPENHAM, SN15 3PA

FREE SESSIONS

Find out more:
communitysport@wiltshire.gov.uk

TEAM SPORTS / RACKET SPORTS / CIRCUITS / GYM INTRODUCTIONS
HEALTH COACH SUPPORT & TOOLS TO BUILD LASTING HEALTHY HABITS
and more!

NO PRESSURE. NO JUDGMENT. JUST PROGRESS.



Wiltshire Council