

10% CLUB



NEW YEAR, NEW START!
Want to be more healthy?

The 10 week programme aims to:

- To help you eat better, be active and gain control
- To give you the skills to change your behaviour
- You will improve your general health and you may lose weight and become more active

Introductory sessions for the programme will take place at...

The Crown Centre, Manor Street, Stonehouse, starting on Monday 16th January 2012 at 11:45am—12:45pm

Activ8 Community gym, Unit 31, Scott Business Park, starting on Friday 20th January 2012 at 9:30am—11:30am

Ernesettle Primary Care Centre, Ernesettle, starting on Tuesday 24th January 2012 at 9:30am—11:30am

The Cumberland Centre, starting on Tuesday 17th January 2012 at 6pm—7:30pm

To book a place on the introductory session contact:

**Sue or Sally on 01752 434098
Lis or Fay on 01752 434191/434190
Or text 07500 101830**

