

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

Wed 1 November, 10am-12pm
Castlewood, Clevedon, BS21 6AB

This free workshop is for local individuals who are directly working with the community. Topics covered include:

- Physical activity benefits
 - Recommendations
 - Risks of inactivity
 - Why we are inactive
 - Activity statistics
- Local provisions to get active

1 in 4 people would be more active if recommended by a health professional

To book your place, or for more information, email
getactive@n-somerset.gov.uk; or
call 01275 882730



Better Health North Somerset