

Get Active in North Somerset



active directory



park play



ageing well
exercise classes



playing out



health walks



steps to get
active



one-to-one get
active support



and more
available



Physical activity is good for your body and mind, we should all try to be active every day.

Call: 01275 882 730

Visit: www.betterhealthns.co.uk/get-active

Email: GetActive@n-somerset.gov.uk



BetterHealth_NS



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