

Physical Activity Raising Awareness Workshop- Older People focus

Weds 10 Sept 2025, 10am-12
Town Hall, Weston, BS23 1UJ

This free workshop is for local individuals who are directly working with older adults in 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