

Physical Activity Raising Awareness Workshop

Tuesday 20 Jan 2026 , 10am-12

Town Hall, Weston, BS23 1UJ

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