

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

**Weds 7 May 2025, 10am-12
Town Hall, Weston, BS23 1UJ**

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