

# MOVE FOR HEALTH

## FREE Physical Activity Sessions



**MOVE FOR HEALTH** physical activity sessions are designed to *help you move at your own pace*. Supporting you to make positive changes to your physical and mental wellbeing whilst socialising with others.

Whether you're new to activity or looking to restart, our sessions will help you to manage your health condition and increase your activity levels safely.

Move for Health sessions are suitable for all levels of fitness. Focusing upon healthy bodies and healthy minds – feel stronger, feel happier.

### Join us on:

Friday 1:00-2:00pm

Ulverston Methodist Church Hall

Starts 17th September

Move for Health sessions will be available both online and in person so there are options available to suit you.

Further advice and support regarding digital access can be provided if you need it

To book your place on the programme please contact

**Kelly Alty** on 07717 320573 or

email [kelly.alty@cumbria.gov.uk](mailto:kelly.alty@cumbria.gov.uk)

[www.activecumbria.org/behealthybeactive/move-health-south-lakeland/](http://www.activecumbria.org/behealthybeactive/move-health-south-lakeland/)

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