

# ACTIVE FOR HEALTH 11-16 YEARS

FREE!

A 6-week activity course for young people (11-16 years) who are concerned about their weight. This course will help you improve your fitness, socialise, learn new skills and ultimately improve your overall wellbeing.

## Upcoming course

One Leisure St Neots Mondays 16:45 - 17:45  
Starting 7th November 2022 for 6 weeks

### Activities:

- Fun Games
- Fitness Classes
- Team Building
- Sports
- Making Friends
- Much more!

Scan the QR code!



REGISTER NOW  
SPACES ARE LIMITED



For more info and  
to book:

[www.huntingdonshire.gov.uk/activeforhealth](http://www.huntingdonshire.gov.uk/activeforhealth)