

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 Ives Tuesdays 16:30 - 17:30
Starting 8th 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