



LEICESTERSHIRE RECOVERY COLLEGE



GET YOURSELF ACTIVE WORKSHOP



Do you want to get more active?

Come and join us on this Free 2 hour workshop where we will look at:



- ***Alternative ways to be active***
- ***Ways to introduce physical activity into your daily routine.***
- ***Finding resources & schemes in your area that you may be interested in, ranging from walking groups to team sports.***



WHEN: Thursday 22nd March 2018, 10.30am – 12.30pm
WHERE: Rutland Adult Learning Centre, Oakham
Enterprise Park, Ashwell Road, Oakham, LE15 7TU

If you would like to take part in this Free workshop, please contact Leicestershire Recovery College on (0116) 295 1196 or email: recoverycollege@leicspart.nhs.uk

HOPE

CONTROL

OPPORTUNITY