



Plymouth Guild
Providing Support, Advice and Volunteers



Would you like some information about health and fitness for either yourself or someone you know / support?

Active for Life

Information Drop In Sessions

Every Monday starting from 18th January 2010

between 12pm - 2pm

At Plymouth Guild, Buckwell Street, Plymouth

Pop in for a cuppa and a chat about:

Active for Life

Taster Sessions

Walking Group

Healthy Eating

Fitness & Physical Activity

Free weight check



For further information please contact
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