



Plymouth Guild
Providing Support, Advice and Volunteers



**Want to get a bit fitter?
Fancy meeting some new people?
Take part in a course of**

Active for Life taster sessions

For people with mental health problems

At Steps, Damerel Close, Devonport

- YOU choose activities you would like to try out with a small group. These activities can be ANYTHING which gets you moving a bit more!
- Active for Life set up six taster sessions for you to try the activities together
- Receive information and support along the way on being active and healthy
- If you try something you like, Active for Life will support you to carry on with that activity

For more information or to sign up for the next course of sessions
Please contact:



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