



Your happy, healthy life starts here

Fridays 10am to midday

Evesham Adventure Playground, WR11 1XH

Your new Healthy Worcestershire service is launching soon at **Evesham Adventure Playground**, and will run weekly (except for bank holidays) between **10am and midday**. Covering a range of **free** activities and topics such as:

- Improving strength and balance
- Supporting your mental wellbeing
- Social activities
- Healthy eating and weight management

Call or email for more information and book, or turn up on the day.

01905 928185 / 0800 772 0307

HealthyWorcestershire.org.uk

Healthy.Worcestershire@nhs.net