

Health and Wellbeing drop in sessions In the Wokingham Borough




Come along to our free drop in sessions to learn the basics around nutrition, physical activity, and the range of programmes on offer to support you.

Introduction to Physical Activity Workshop

- Wednesday 11th June, 7.00pm - 8.00pm
at Wokingham Leisure Centre

Introduction to Nutrition Workshop

- Wednesday 11th June, 6.00pm - 7.00pm
at Wokingham Leisure Centre
 - Monday 16th June, 6.00pm - 7.00pm
at Loddon Valley Leisure Centre
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[Learn more](#)



wokingham.placesleisure.org

loddon.placesleisure.org