

Health and Wellbeing drop in sessions



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
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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



Scan to find
out more

**Speak to a member of the
team for more information**