

Join our NEW, FREE, ten week Active Weight course beginning in January & running throughout the year.



Active Weight

Will help
empower you
to....

Look Great,



Feel Better.

Eat Well,



Choose Well.

Get Active,



Move More.

1 hour of activities & topics to motivate you to make better choices with an optional 45 minutes of varied exercise.

TUESDAYS
10am - 12pm*
Burscough
Methodist Church,
Orrell Lane,
Burscough, L40 0SG.

WEDNESDAYS
1.30pm - 3.30pm*
Greenhill
Community Hub,
Beech Close,
Skelmersdale, WN8 8DL.

THURSDAYS
10am - 12pm*
Base Dance, Malthouse
Business Centre,
48 Southport Road,
Ormskirk, L39 1QR.

For more information and bookings, please contact:
Active West Lancs Office. Tel: 01695 555804 (Wed - Fri, 8am - 4pm)

www.activewestlancs.org

Topics and Activities include:

What is a Healthy Diet?
Meal Planning
Fats and Sugars

Craving Control
Choose to Loose
Portion Control

How do I refer to Active West Lancs

Go to www.activewestlancs.org to download our self-referral form

Ask your GP or Health/Medical Practitioner to refer you.

Complete this form and post it to us at the address on the bottom of the page.

Active West Lancs Self Referral Form

Name: D.O.B.....

Address

Postcode:..... Tel No:.....

Email:

Interested in referral to: Active Gym Active Weight Active Eco

Please return completed form to:

Postal: Emma Davies,
Active West Lancs,
Robert Hodge Centre,
Stanley Way,
Skelmersdale, WN8 8EE.

Email: activewestlancs@westlancs.gov.uk

Tel: 01695 555804

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