



GET UP, GET OUT, GET ACTIVE

ACTIVE WEST LANCS OFFERS RESIDENTS FREE 12 WEEK PROGRAMMES*

Active Gym

- Friendly gym-based supervised sessions at various locations and times* (unsupervised sessions where appropriate).

Active Weight

- A weekly programme to lose weight, support better lifestyle choices, feel better and look great.

Active Classes

- A variety of exercise sessions including our regular Tai Chi, Couch to 5k, Line Dancing and Exercise to Music.

Additional Activities include:

Health Walks
Mass Participation Events

School Based Programmes
Community Allotments/Gardens

Don't delay, refer today! See reverse for details.

*Referrals must be inactive and have at least one health condition.
Additional programme specific criteria may apply.

www.activewestlancs.org



@activewestlancs



@Activewestlancs



How do I refer to Active West Lancs

- Ask your GP or Health/Medical Practitioner to refer you.
- Self-refer by completing the form below.

Active West Lancs Self Referral Form

Name: D.O.B:

Address:

.....

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

Email:

How did you hear about us?.....

.....

PLEASE RETURN COMPLETED FORM TO:

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

Email: activewestlancs@westlancs.gov.uk

Tel: 01695 555804

HOW WE HANDLE YOUR DATA

We will use the information in this referral form to register your interest in joining our Active West Lancs Scheme. We will use this information for no other purpose than that stated above and will only use your personal contact details to liaise with yourself and/or the referrer if applicable regarding details of your referral to the scheme.

For further information as to how we handle your data please see our Privacy Notice on <http://www.westlancs.gov.uk/leisure-recreation/keeping-fit/active-west-lancs>

Hard copies are available on request. If you would like to discuss this notice or how we will use your personal data you can contact the Leisure and Wellbeing Section.

Tel: 01695 585145 or Email: activewestlancs@westlancs.gov.uk.