

# SEPTEMBER 2019

## FREE Active Weight COURSES

CHOOSE IT! ||| MOVE IT! ||| LOSE IT!



LOSE WEIGHT! ||| FEEL GREAT!

### Venues:

#### TUESDAYS

- 9.00am - 10.00am Richmond Park Pavillion, Junction Lane, Burscough
- 12.30pm - 1.30pm Our Lady Help of Christians Church Hall, 152 Hesketh Lane, Tarleton. PR4 6AS

#### WEDNESDAYS

- 11.30am - 12.30pm Skelmersdale Library, Southway, Skelmersdale
- 1.45pm - 2.45pm Ormskirk West End School, Grimshaw Lane, Ormskirk

#### THURSDAYS

- 10.00am - 11.00am Eavesdale Neighbourhood Centre, Eavesdale, Skelmersdale

To book your place, please contact our Active West Lancs Office:  
**Tel: 01695 555804**

[www.activewestlancs.org](http://www.activewestlancs.org)