



Supporting people to  
make positive changes

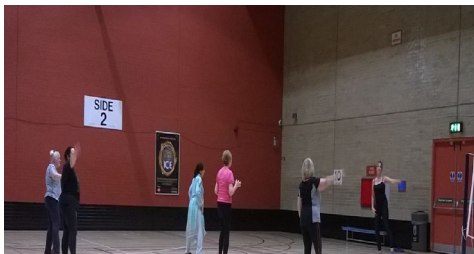


Information:

Venue:



Contact:



## Listless to Fitness

If you need that push to get up and go to a healthier lifestyle, this group is just for you

The group is run by experienced volunteers, **Margaret and Margaret** and a **qualified SIV TRAINER**

The session runs on a weekly basis at

**Concord Sports Centre.**

The session is an opportunity to get back into light exercise or try something new with lots of taster session within the group.

It's also a great opportunity to meet other like-minded people and develop a friendship network.

**The first session is free so why not give it a go!!!!**

Contact Angela Woodward on 0114 213 4120

Or

Margaret Gardiner On 07796105430

[www.soarcommunity.org.uk](http://www.soarcommunity.org.uk)

**Who will be happy to answer any questions.**