



Healthier Communities

Healthier Communities project coming soon to Melksham

A new physical activity project for **YOUR** community, **IN** your community. A range of weekly free or low cost activities suitable for people aged 16-74 years, no experience necessary. Try something new, fun and social!

Some of the activities on offer:

- This Girl Can – female only sessions
- Led Walks
- Walking sports
- Seated activity
- Free gym referral opportunities
- Plus much more

To register your interest in taking part email us:
healthiercommunities@wiltshire.gov.uk
or call 01225 770247

 HealthierCommunitiesWiltshire www.wiltshire.gov.uk/leisure-healthier-communities

Healthier Communities is a three year Sport England funded initiative that aims to increase physical activity amongst residents in your community who currently do less than 30 minutes activity each week.

Some benefits of being physically active include:

- Improved overall health and wellbeing
- A boost to your self-esteem, mood, sleep quality and energy
- Improved mental health and confidence
- Reduced likelihood of getting a variety of health conditions including cardio vascular disease and type 2 diabetes
- Social benefits including the opportunity to meet new people and make new friends.

Sessions are fun, supportive, social, and welcoming no matter your fitness level. Go at your own pace!


Have your say: Opportunity for you to shape the activities we offer to make sure sessions deliver activities wanted by local residents.

Launch Event

Wednesday 29 May, 12.00pm – 2.30pm

Forest Community Centre, Bowmans Court, Melksham SN12 7FF
Free activities for all the family including walking football, walking netball, seated sports, This Girl Can female only activity, multi-sport activities for children and much more!

Free refreshments provided. Follow our Facebook page

 HealthierCommunitiesWiltshire
for more information

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