



### What is the Healthwise Scheme

A free 12 week local Physical Activity Referral Scheme (PARS), exclusively for those who have been referred by their GP, Nurse, Physio or other health professional.

Sessions are supervised by qualified and experienced instructors. It helps individuals manage and improve their health condition(s) and encourages and motivates people of all abilities to take part, to become and remain physically active



Contact Us

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Our Mail

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Our Address

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# HEALTHWISE

## Free 12 Week Referral scheme



Once your referral has been received and accepted, the Healthwise instructor will contact you to arrange a 1-1 initial consultation in our centre

## What happens after the 12 weeks

We have a range of Step-Down Programmes - £2.00 per session  
HERE ARE A FEW OF THEM, FOR A FULL LIST GIVE US A CALL!!

Walking Waterpolo

Circuit Classes

Tai Chi

Chair Based Exercise

Indoor bowls

Cycling

HeadIN2Horticulture - gardening programme  
& much more

