

# PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

**Mon 9 Sept, 10am-12pm**

**Castlewood, Clevedon, BS21 6AB**

This free workshop is for local individuals who are directly working with the community. Topics covered include:

- Physical activity benefits
  - Recommendations
  - Risks of inactivity
  - Why we are inactive
  - Activity statistics
- Local provisions to get active

1 in 4 people would be more active if recommended by a health professional



To book your place, or for more information, email [getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk); or call 01275 882730

**Better Health** North Somerset