

Working together for healthier lives, one step at a time



Join Us at

White Horse Health Centre, Westbury

Wednesday 19th November

10:00am – 12:30pm

Meet the **Wiltshire Health Improvement Hub** and
Sport & Physical Activity Team

Discover **free or low-cost programmes** to boost
your health & wellbeing including:

Quit Smoking – Free 12-week support & quitting aids

Healthy Lifestyle – Weight management, men's health

Virtual & face-to-face options available 0300 003 4566 (option 1)

Active Health – Tailored exercise plans via GP referral

This Girl Can – Low impact exercise classes

Get Walking Wiltshire – Free walking groups

Walking Netball – Suitable for all adults