



# HEALTHY MAN



**JOIN US FOR 12 WEEKS OF ENGAGING ACTIVITIES AND WORKSHOPS  
FOCUSED ON HEALTH AND WELLBEING IN A SUPPORTIVE ENVIRONMENT**

Whether you are looking to shed a few pounds, get back  
into exercise, or just feel better day-to-day...

This programme is for **YOU!**



**STARTING 13 JANUARY 2026**

**5.30PM - 7PM**

TROWBRIDGE SPORTS CENTRE,  
FROME ROAD, BA14 0DN

**FREE SESSIONS**

Find out more:  
[communitysport@wiltshire.gov.uk](mailto:communitysport@wiltshire.gov.uk)

**TEAM SPORTS / RACKET SPORTS / CIRCUITS / GYM INTRODUCTIONS**  
**HEALTH COACH SUPPORT & TOOLS TO BUILD LASTING HEALTHY HABITS**  
*and more!*

**NO PRESSURE. NO JUDGEMENT. JUST PROGRESS.**