

**NEW
FOR 2022**

10 WEEK PROGRAMME

HEALTHY HABITS

Topics we will be covering:

Stress / Hormones / Sleep / Healthy Eating / Positive Mindset / Relax

As well as a series of different activities for you to try including FitSteps, Resistance bands, Clubercise, Yoga, Pilates and much more.

Wednesday 12 January 2022, 2.45-3.45pm

At the Octagon, Malvern.

£20 for 10 weeks or £2 pay as you go (10 spaces available)

To book your place please email us – getactive@malvernhills.gov.uk