

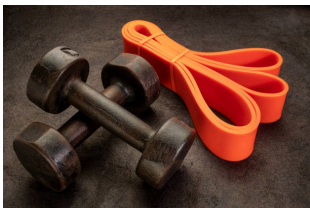
Are you interested in  
**Keeping fit**  
**Losing weight**  
**Feeling good?**

Lifestyle  
Advisor  
Service   
WORCESTERSHIRE

If so our Lifestyle Service is running a **FREE** 12 week group starting from Thursday 24 March 2022, 6-7pm at Malvern Town Football Clubhouse.

Aimed at men who would like to improve their fitness and lose weight in a small and friendly group. Beginners especially welcome!

There are more details overleaf - to register for the next course call or text INFO to 07932 387145 or email [sabine.spires@citizensadvicesw.org.uk](mailto:sabine.spires@citizensadvicesw.org.uk) and we will get back to you.



**FREE** fitness equipment for completing the full course and **FREE** food vouchers - save money on your food bill.



## What is this about?

If you feel like your fitness and diet could do with a boost after lockdown, this new group in Malvern could be for you.

## Who is it for?

The group will be small (a maximum of 10-15) and friendly, aimed at men who want to improve their health and wellbeing with some gentle exercise and simple tips on healthy eating.

## Why should I take part?

- **FREE** food vouchers - you'll save on your food bills
- **FREE** fitness equipment if you complete the full course
- Ideas you can take away and use at home
- Build your confidence

## What can I expect?

The group will last for 12 weeks with a focus on fitness and diet. It is totally **FREE** to attend and you don't need to bring any equipment. Just wear clothes you can exercise in and bring some water, we will do the rest.

## Who is running this?

The group is being run by the Lifestyle Advisors at Citizens Advice Malvern and fitness coaches from Freedom Leisure.

## How do I join or find out more?

- Call or text INFO to 07932 387145
- Email [sabine.spire@citizensadvicesw.org.uk](mailto:sabine.spire@citizensadvicesw.org.uk)
- See our website below for more information about our Lifestyle Advice Service

[citizensadvicesw.org.uk](http://citizensadvicesw.org.uk)

