

Inspire Learning

Nottinghamshire



New Year, New You

Four Wednesday Mornings

19th Jan, 26th Jan, 2nd Feb, 9th Feb

10am-12pm

Zoom

HEALTHY
New Year
2022

Get Healthy in 2022 – “We all start somewhere”

This course will provide a non-judgmental, supportive environment for you to explore ways to improve your health

On this course, you will discover:

Week 1 *Improve heart health with aerobic activities*

Week 2 *Resistance training to strengthen joints*

Week 3 *Healthy eating to manage weight*

Week 4 *Mental health's link to exercise*

Courses are low cost of FREE subject to eligibility criteria

 @InspireLearningSkills  @Learn_Inspire

To find out more, visit www.inspireculture.org.uk/learning or call 01623 677 200