

ARE YOU...

- ▶ Aged 50+?
- ▶ Looking for support to become physically active?



Our Physical Activity Advisors are currently delivering the **FREE Active Wellbeing Service** to residents in the IP1 area of Ipswich and to patients of GP surgeries in Hadleigh, Bildeston, Needham Market, Holbrook & Shotley and Constable Country.



THE ACTIVE WELLBEING SERVICE WILL...

- ▶ Provide free friendly informal advice, support & motivation
- ▶ Support you to access suitable local physical activity opportunities and other healthy lifestyle services
- ▶ Provide home based exercise options such as chair-based workouts, strength & balance workouts and online physical activity options
- ▶ Provide you with free resources you can take away such as pedometers, health walk brochures and activity menus

For more information and to book a consultation with your local Physical Activity Advisor please visit:

www.activesuffolk.org/the-active-wellbeing-service

Alternatively call **Active Suffolk** on **01394 444 605**
or email us at info@activesuffolk.org

