



ActiVise

Physical Activity programme for adults (18+) experiencing a variety of health conditions including:

- Anxiety
- Exhaustion and low energy levels
- Irregular sleeping patterns
- Low self-esteem
- Stress
- Weight gain from medication

Activities include:

- Nordic Walking
- Football
- Tennis
- Badminton
- Gym group
- Basketball
- table tennis
- And much more...

Come and join us in our Physical Activity sessions!

For further information please contact the Sports Development Unit.

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