

Exercise Referral

**MAKE FRIENDS,
HAVE FUN AND GET ACTIVE**

BENEFICIAL FOR:

- ✓ **Coronary Heart Disease**
- ✓ **Diabetes**
- ✓ **Stroke**
- ✓ **Arthritis**
- ✓ **Osteoporosis**
- ✓ **Depression**
- ✓ **Weight Loss**

And many more...

Guidance and support throughout your 20 session personal activity programme by friendly fitness professionals, to help you achieve your goals.

See your GP or Nurse to be referred to one of East Riding's Leisure Centres