

everyone ACTIVE

Winchester Health & Wellbeing Programme

Everyone Active's Health and Wellbeing programme provides an opportunity for people to access a high-quality supervised exercise programme.

It targets people who suffer from or are at risk of developing chronic medical conditions and provides support to patients whose health could benefit from a more active lifestyle.

Our programmes include

- Health & Wellbeing Classes
- Good Boost Classes
- Hydrotherapy Sessions
- Senior Activities
- Disability Sessions
- Adult Activities
- Pre and Post Natal Classes
- Parkinson's Membership

Register using the following link

<https://secure.refer-all.net/referrals/Winchester/Refer>

For further information, please contact us on
winchesterwellbeing@everyoneactive.com



Winchester Sport & Leisure Park

Bar End Road, Winchester,
Hampshire, SO23 9NR
01962 848700

Meadowside Leisure Centre - Winchester

Whiteley Way, Whiteley,
Fareham, Hampshire, PO15 7LJ
01489 577464



Winchester
City Council

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