



UP active Health Week

16th-24th
September

FREE

A FULL WEEK OF FUN, UP & ACTIVE INFORMATION & ACTIVITIES FOR ALL AGES

- Health checks
- Mile a Day event/Your Mile Your Way
- Weight management roadshow
- Green day ...allotment sessions
- Schools workshops/teacher health checks
- Know your numbers/blood pressure
- Walking for health
- Free taster fitness passes



UP 
active

For more information
on any of the activities:



Email:
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Online:
upandactive.co.uk
Call us at Hyndburn Leisure on:
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