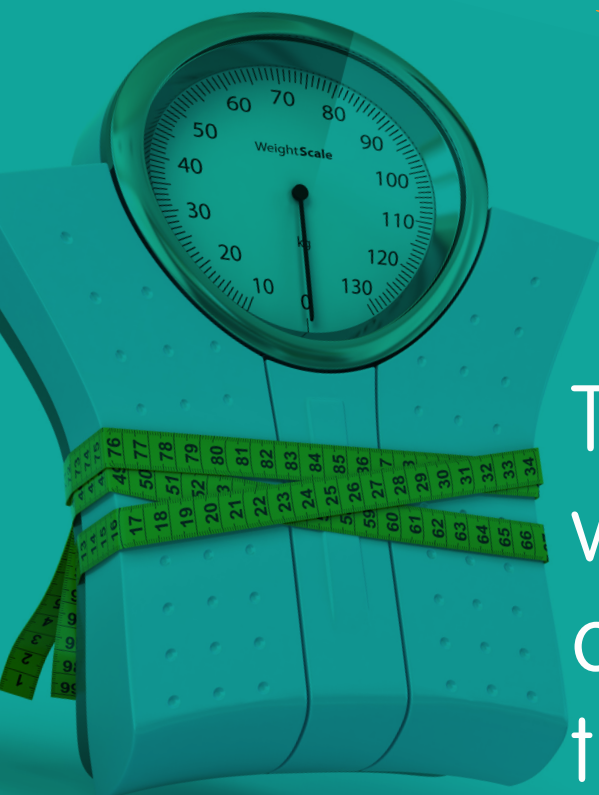


# UP active

## Lancashire

# Health Week

16- 24th Sept



The Up and Active team will be out and about co-ordinating a range of health themed FREE events.

### ACTIVITIES AND EVENTS:

- Smoothie making • Colour Dash • Eat a Rainbow (fruit tasting for children in schools and after swimming lessons)
- MOT Health Checks in council buildings
- Walk up Pendle Hill • Traffic free cycle ride
- Food growing • Weight management advice

For a full list of activities and events, check out [upandactive.co.uk](http://upandactive.co.uk) or call 01282 477134



# FREE