



**Are you feeling a bit out of shape?**  
Join MEN (Motivation, Exercise and Nutrition)  
Starting 24th of April

Finding the time and space to think about your health and wellbeing can be difficult.

Mid Sussex Wellbeing's 12-week programme is designed to give MEN support to make changes working towards a healthy lifestyle.

Each week will include 45 minutes on a healthy lifestyle subject followed by a 45 minute exercise session.

**Book your space now on 01444 477191**

Only  
£20

Venue: Haywards Heath Football Club, Hanbury Stadium, Allen Road, RH16 3PT

Start date: Wednesday 24 April 2019, 6-8pm for 12 weeks

Book a place on 01444 477191 or email [wellbeing@midsussex.gov.uk](mailto:wellbeing@midsussex.gov.uk)