



# GET MORE ACTIVE, FEEL GREAT!

A project for disabled people, and those living with a long-term health condition, who would like to get more active.



## HOW CAN THE Get MORE ACTIVE PROJECT HELP?

- 1-2-1 appointments to discuss what you would like to achieve.
- Weekly, peer support group meetings.
- Information about activities or exercise that meet your needs and interests.
- Opportunities to share your experiences, blogs and vlogs to help others.

## WHAT COULD I GAIN BY BEING A BIT MORE ACTIVE?

- Discover increased energy, better sleep and improved mood!
- Enjoy spending time with other people who share your interests.

If you would like to find out more, please contact us:

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