

# Get Out Get Active

Learn and share information about opportunities to get more active and gain the confidence to take part yourself or support others. Have a go at different activities and meet people who can support inclusive activity, health and well-being in Wiltshire.

**Melksham Community Campus**  
**Wednesday 26 April 10am - 3pm**

Inclusive and friendly activity sessions for all with lots of support for people who are less active or living with long term health conditions. Free drop in sessions through the day, try racquet sports, Zumba, seated exercise, boccia, walking football, 'Get Wiltshire Walking' group walks and a special session at 12:30pm in the new fully accessible swimming pool.

Meet people who can support you to be more active from local NHS, Wiltshire Council and other organisations.



**Stay Active  
Stay Well**

## How will you be more active in 2023?

**Come along and join in the fun! Take part in a variety of inclusive activities that are free or low cost.**

- Improve physical health
- Boost energy levels and mood
- Gain support to be active
- Improve confidence
- Reduce falls
- Strengthen bones
- Better posture and sleep

For further information and to register your interest please contact:

 [sportsdevelopment@wiltshire.gov.uk](mailto:sportsdevelopment@wiltshire.gov.uk)

 Sport4Wiltshire  Active Wiltshire