

Live Well

Come and discover the new weekly **Live Well programme** which offers social daytime opportunities for adults in your local community. Meet like-minded people and discover new activities and local services that will help put a smile on your face! Activities will include **short mat bowls, badminton, keep fit, swimming, table tennis** along with social games and activities taking place in the cafe area.



Five Rivers Health and Wellbeing Centre, Salisbury, SP1 3NR

Tuesdays

1.30pm – 4pm

£4.50 - member rate*

£6 - non-member rate

***Each member will need to purchase a leisure card and renew annually.**



For further information or to register your interest please contact:

Five Rivers Health and Wellbeing Centre

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