

# Activity Referral Scheme

Do you suffer from medical conditions that could benefit from exercise?

Are you looking to get more active but feel that your body won't let you?

- Obesity/weight problems
- Stress
- Mild depression
- Poor mobility
- Diabetes
- Osteoporosis
- Lower back pain
- High blood pressure (controlled)
- Asthma
- Mild/moderate arthritis

If you suffer from any of the above conditions and believe that exercise could positively affect your life, please call the Wyre Forest Glades Leisure Centre on 01562 515151 and ask to speak with a member of the Fitness Team.

**Call the Wyre Forest Glades Leisure Centre on 01562 515151 for more details.**



**WYRE FOREST GLADES**  
Leisure Centre

Worcestershire **NHS**  
Primary Care Trust



DC LEISURE



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