

# SHAPE

**SUPPORTING HEALTH AND PROMOTING EXERCISE**

## **ARE YOU EXPERIENCING LOW MOOD, DEPRESSION OR ANXIETY?**

**Did you know that keeping active can improve your mood?**

**Are you willing to give it a try?**

**SHAPE** is a **FREE\*** twelve week exercise and wellbeing programme that will help you regain and retain a healthy mind and a healthy body!

You'll experience a wide range of exercise experiences so that you can decide which best suits you and your lifestyle.



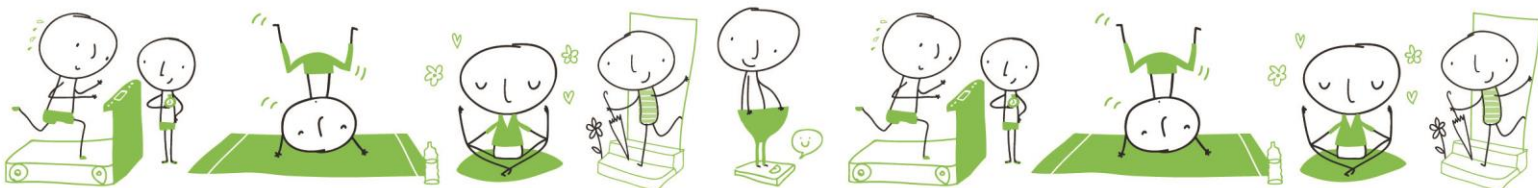
**The next course will be starting on: 5<sup>th</sup> January 2018 for 12 weeks**

**The sessions will run from: 11:00 to 12:30**

**The course will be held at: Simply Limitless, Kidderminster DY11 5DF**

**You can book online at: [www.worcestershire.gov.uk/adultlearning](http://www.worcestershire.gov.uk/adultlearning)**

**Or call: 01562 751144**



\*Dependent upon concessions being met. Limited spaces available, you must be aged 19 or over.