

New Year New Me

**Tuesday 25 January
between 1pm - 7pm**



An opportunity to speak to health and wellbeing providers and to access information

- **Free Activities** - Get involved with a range of activities which can help to improve your health and wellbeing including physical activity and exercise sessions, music and arts activities and taster workshops on improving mental health.
- **Free Raffle** - a chance to win a prize including a fitness starter pack with a month's NL Active membership or a Friends and Family Pass to Normanby Hall Country Park.
- **Free Refreshments**



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