

Fareham Exercise Referral

Do you have one of these health conditions*?

Depression / Anxiety / Stress

High Blood Pressure

Type 2 Diabetes

Osteoarthritis

Asthma

Obesity

Cancer

COPD

Group Exercise Classes

40% Discount Available

Personal Training

If the answer is YES, then please speak with your GP or Nurse and ask for a information leaflet.

FAREHAM
BOROUGH COUNCIL

WE ARE
MACMILLAN
CANCER SUPPORT

NHS
Hampshire

everyone
ACTIVE