

Are you a learning disabled adult who finds it hard to get active?



Do you want to lose weight but just can't seem to do it?

Come to WAP ACTIV2... a night of activity and fun

WHEN: Every Tuesday night from 5pm to 7.30pm

HOW MUCH? It costs £3 for the night which will include healthy drinks and fruit. Carers or support workers can join in free.

DO I NEED TO BOOK? No, but if you want to check we are open that night, please ring the Lenton Centre on **0115 941 2422** or email **West Area Project** on **wapnottm@hotmail.co.uk**

WHERE? WAP ACTIV2 is based at the Lenton Centre, in the middle of Lenton (just along from the QMC and behind the Savoy cinema). Its address is **Willoughby St, Lenton, Nottingham NG7 1RQ**. Its a bit tricky to find but once you do, you will want to come back! The Lenton Centre is a fully equipped community health centre.

WHAT DO I NEED? All you need are some trainers, loose clothes and a willingness to try a range of activities from team games to yoga, gym or balancing. All sessions are led by qualified fitness instructor and adapted to your individual abilities. Each night you will also spend some time with a student healthcare worker who will support you in trying to acheive your healthcare goals such as weight reduction.

IF I NEED EXTRA HELP, CAN I TALK TO ANYONE TO SEE IF WAP ACTIV2 IS FOR ME? Yes, we are really happy to talk about your needs and what we offer. Please do ring the Lenton Centre number **0115 941 2422** and ask for **Zoe or Yvonne**. If they are not there, leave your name and number so someone can talk to you or your carers or email **West Area Project** on **wapnottm@hotmail.co.uk**