

# PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

Wednesday 20 November, 1-3pm  
No.65 High Street, Nailsea, BS48 1AB

This free workshop is for local individuals who are directly working with the community. Topics covered include:

- Physical activity benefits and recommendations
- Risks of inactivity
- Inactivity statistics
- Why we are inactive
- Making every contact count
- Motivational interviewing
- Local provisions to get active

1 in 4 people would be more active if recommended by a health professional

To book your place, or for more information, email

[goforlife@n-somerset.gov.uk](mailto:goforlife@n-somerset.gov.uk); or  
call 01934 427 222

