



£6

Per month* is all it costs to access an active healthy lifestyle.

For more information contact Brian your Active Wellbeing Advisor at

St Augustines New Avenham Centre St Austins Place Avenham

or

Tel: 01772 521001



*Terms and conditions apply

E-Mail: b.walsh@preston.gov.uk Tel: **01772 521001**

Get Active, Get Fitter, Get Healthier for £6 per month*
Get yourself down to St Augustines New Avenham Centre

WE'RE RIGHT ON YOUR DOOR STEP!

For more information on how to get a *personalised active wellbeing plan* contact Brian your advisor on

01772 521001 or b.walsh@preston.gov.uk

- 31 Cardiovascular Machines
- 29 Resistance Machines
- Free Weights
- Ladies Only Area

St Augustine's New Avenham Centre
St Austin's Place, Avenham, Preston PR1 3YJ
Tel: Brian on 01772 521001
www.avenhamcentre.co.uk



Communities for Health
A Choosing Health Programme

