

# **MAKE AN IMPACT - A FREE 8 WEEK COURSE**

**FEELING STUCK AND LACKING IN MOTIVATION?**

**WANT TO MAKE HEALTH CHANGES... BUT JUST DON'T  
KNOW WHERE TO START?**



**The kick-start you need to make a  
change this year!**

**SEACROFT** Mondays 10am - 12pm starts 26th April at Foundry Medical  
Centre, 95 Moresdale Lane, Leeds LS14 6GG

**CHAPELTOWN** Tuesdays 10am - 12pm starts 17th April  
BAME Health and Wellbeing Hub, Reginald Terrace, Leeds LS7 3EZ

**OTLEY** Tuesdays 1.30pm - 3.30pm starts 17th April The Core Resources  
Centre, 11 Orchard St, LS21 3NX

**To find out more or book your free place contact Kay at Oblong**  
**[kay@oblongleeds.org.uk](mailto:kay@oblongleeds.org.uk) (0113) 2459610**