

# Go For It!! Support your Centre in September!!

- Set your own goals to improve health and wellbeing
- Complete your challenge alone or as a family group
- Get friends and family to sponsor you to reach your goal



Need some ideas? increasing your steps, doing regular stretches, dancing or floss-dancing, hula hooping, swimming, cutting out alcohol, cake, caffeine or carbs.....



And give your mind a workout.....Come and complete our **fun** memory challenge (details to follow)



Speak to staff for more details and/or sponsorship forms