

**Do you live with a long-term
health condition?**

**Have you ever taken part in an
exercise referral scheme or
exercise rehab programme?**

We are creating a MAINTENANCE PROGRAMME to help people stay physically active over the long term, after schemes have ended.



**We are running in-person, 90 min
workshops for you to share your views**

Your travel and time will be reimbursed, with refreshments provided during workshops

For more information please contact:

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